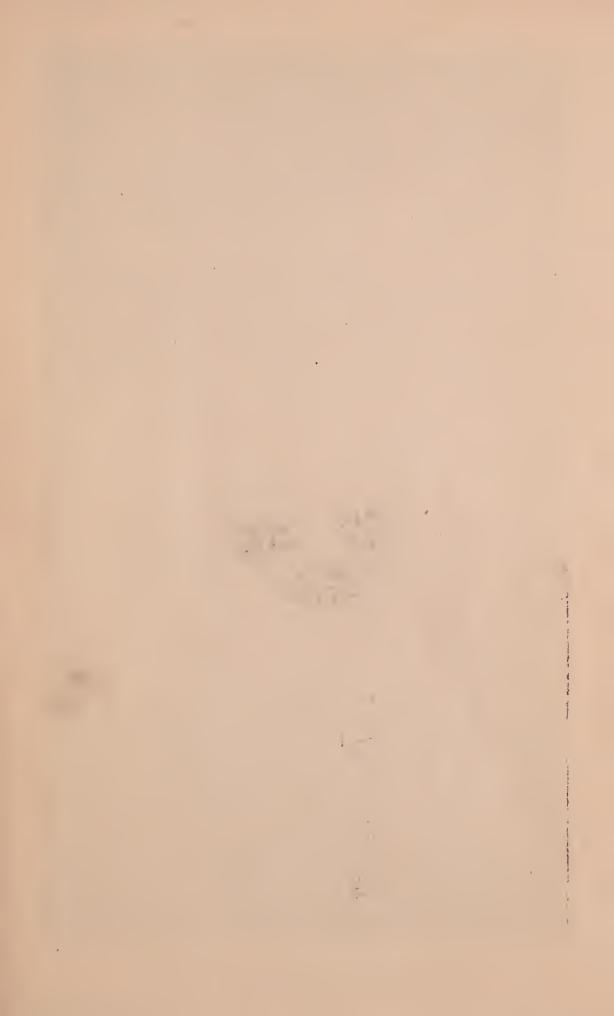




Class X 145
Book A4

Copyright No.

COPYRIGHT DEPOSER





Ida Bailey Allen in her kitchen.

HOME PARTNERS

OR

Seeing the Family Through

BY

IDA BAILEY ALLEN

Author of

"MRS. ALLEN ON
COOKING, MENUS, SERVICE."
DIETITIAN OF MEDICAL
REVIEW OF REVIEWS

Illustrations by Jack Wilbur

PRIVATELY PRINTED MCMXXIV

TX145

"Where we love is Home, Home that our feet may leave, but not our hearts."

-HOLMES

DEC 28'25 © Cl A880133

210

TO MY FRIENDS—

The Home-Makers

This "different little book"

Has been written for you.

I have met thousands of women—talked with many—watched them—and I wanted to help them realize that they are really conducting the world's greatest work, for the home is the centre of civilization.

Cooking isn't just kitchen stuff!

It's preparing foods for bodies and minds through which souls flash.

Cleaning isn't drudgery.

It is making possible a harmonious place for living.

The "care" of children isn't "care"!

It is the guarding and guiding of lives.

The four walls of home are not fetters. Through motherhood, we women contribute all there is to the World's Progress—the men and women of tomorrow.

And in this book, besides the joy and inspiration of home-making, I have tried to put the many little things that Home-makers like to know—to help save time and energy, to cook more intelligently, to spend money so as to bring back its equivalent, suggestions for entertaining, correct table-manners—those thousand and one things that, if we could be together, we would talk out.

It will make me very happy if this different little book helps You. I have tried to make it a personal message from one woman to another.

Ida Bailey allen

HOME!

What is home?
What does it mean to us?
A place of peace—rest—affection?
Of gaiety—and laughter?
The place we love—reverence—yearn for?
Enjoy?
For which we are ready to work, and plan and strive?
Or does it mean confusion, inharmony?
Hour after hour of petty quarrels, differences?
Frowns and fault-finding?

Injustice and misunderstanding?

Home is first of all within ourselves.

The most stately of mansions, the richest draperies, rarest rugs, furnishings will not make a Home—

Unless there is Peace—Stillness—Unselfishness—within Every Heart.

Home is not bounded by the four walls of a house.

It is the heart of Life.

To it Life comes.

In it Life is nurtured, ideals born, knowledge gained.

Upon it the strength of the nation is built.

It is the cradle of World Progress-

And guarding it, guiding it with skillful hands—watching with seeing eyes, are

Women—and Men.

The woman Within—the man Without—returning at night to the Home Centre—his day well-spent.

The World's Home-Makers.

The World Without—the business day—is like the home World Within.

The tasks that must be done are tasks—

The Man at work—

Driving the trolley, that others may ride to work.

Guiding a bank, that money may do its most for business.

Managing a store.

Tilling the fields

For what?

For his own home—and for all homes.

That is why business exists.

The woman's work is more than

Scrubbing potatoes—

Preparing the meal—

That the family may be fed.

Washing the floors, the paint—that the home, The Centre of Industry, may be Clean.

It is comforting the child—

Pouring peace and harmony upon the man—who is disturbed by the friction without.

Each tiny task a brick in the structure of

Home—the Centre

For which civilization exists.



HOME PARTNERS

THE HOME PARTNERSHIP

The basis of happy home life is a real Home Partnership. The man earns, the woman wisely spends, and works at home, creating for the man the comfort and rest that he must have—that mental, spiritual and physical sustainment that only a quiet home can give.

The phrase "Home Partnership" means much:

A common understanding of the size of the family income; an amicable budgeting of the general expenses, including sufficient for the personal expenses of the man,—also the personal expenses of the wife. A friendly agreement as to the selection of the home and its furnishings, for it must express both the man and wife; the training of the children; and the family pleasures.

"Togetherness" is the keynote of a successful home. But it does not mean that everything should be shared. In many cases this results in the overpowering of one personality by another,

the strongest dominating.

In any successful business partnership, either partner can make a plan, which is discussed by the two. If objections are raised feelings are not hurt. The arguments are heard and, if either one proves the plan is not good, the one who presented it is big enough to give it up. On the contrary, if it still appears to be a good plan, it is quietly explained further. Without loss of temper, sick headaches, hard words, the matter is settled.

The reason so many home plans go wrong is that both the man and woman are not "sold" solidly on the idea. The man says "yes" when he knows it's not right, because the woman teases him into acquiescence; the woman says "yes," because she is

afraid of a long argument.

In a successful partnership, the woman must back up intuition with reason—and the man must speed up reason!

The Budget

What is a household budget?

It is really a pattern—a guide to wise expenditures and consists of a statement of the assured income and the probable household and family expenses for the coming year.

You notice I said "Assured." With a salaried man, this is easy to figure. If the man is in business for himself, he should receive a certain sum weekly or monthly—not make a budget on his maximum profits of the preceding year. If he is a professional man, a safe sum is a little less than the earnings of the preceding year.

The fixed expenses of families differ; but, in the main, they

can be simmered down to a few general headings:

I. Shelter.

a. Rent. This includes the yearly rental,—and all taxes, water rates, etc., that may be included in the lease. Upkeep of grounds, etc., are extra.

b. When One Owns the Home. This includes taxes, repairs, insurance, water rates, possible street assessments, interest on mortgages, and original investment, upkeep of grounds, etc.

c. When the House is Bought on the Partial Payment Plan. In this case the expenses enumerated in B must be added to the monthly payment. The payment can be classed as an investment if desired.

A certain sum to be set aside for furniture, linen, renewing of

floor coverings, etc., and for the buying of new furniture.

3. Fuel and light.

4. Food and household supplies.

This includes groceries, fruit and vegetables, meat and fish, ice, milk, eggs, butter and cheese, bread and bakers' products, soap, cleaning powder, etc.

5. Clothing.—This includes all clothing, accessories and repair-

ing, shoe repairing, tailors' bills, etc.

6. Laundry.—This includes all money paid to a laundry or to a laundress.

7. Domestic help.—Includes all money paid for help in the house

except laundry.

8. Religious and charitable activities.—Includes all money given to churches, missionary and charity organizations.

9. Care of dependents.—Care of relatives, etc.

10. Club activities.—Political, civic and business organizations, tennis, country club and women's club dues, lodge dues, etc.

11. Education, culture and entertainment.—All private schools and special courses, such as correspondence courses.

12. Books and magazines.

13. Music and musical instruments and music and dancing lessons.

14. Theatres, lectures, operas, travel, parties, etc.

15. Physical care.—Doctors, dentists, oculist, massage, beauty treatments, etc.

16. Savings.—All kinds of personal insurance. Investments

such as bonds, securities, etc. Savings bank accounts.

17. Luxuries.—Automobiles, motor boats, art objects, over-costly food, over-expensive clothing and furnishings and personal indulgences.

These headings are sufficiently comprehensive to cover the most elaborate of households. Many families will not need to use them all, for circumstances vary. Those not needed can be

discarded.

It is impossible to give fixed rules. What is a luxury for one

family may be a necessity for another.

To many the actual saving and investing of money seem impossible. In some cases it really is better to invest, for a while, in a course of study for the man, in order that he may earn more. To buy a home; to further educate a child; to take on extra insurance. Or for the man to join the right kind of a club—that he may have contact with the right sort of people. Or, in case of an overworked wife and mother, the purchase of labor-saving equipment or the engaging of much needed help.

To the young, the coming of old age seems so distant it is not worth discussing—it is so far away. But, whether one saves for the sake of "old age" or just for the fun of knowing one has, systematic saving with compound interest results in astonishing

figures.

Do you know that if you save, at 3% interest, compounded monthly—

\$10 a month for 20 years you will have \$3,291.26; \$25 a month for 20 years you will have \$8,228.15.

If you are twenty-five years old and would like to have \$10,000 when you are sixty-five, save \$10.77 a month—or if you want \$25,000—you can have it by saving \$26.94 a month.

When starting a budget, jot down the amounts you have been paying for food, rent, etc.—on a large sheet of paper on which



LUNCHEON CORRECTLY SERVED IN COURSES

A lace luncheon set. A polished table. Correctly arranged service needs only the bowl of poppies and grasses to complete it. See page 52.

the headings have been written. It is sometimes amazing to see just where the money has gone. But remember, it must never

seem a tragedy! There's another year coming!

Perhaps more has been spent than has come in and there are obligations to be met. This is something to be faced—not shunned. Get the bills together, tear up all duplicates and keep only the last bill. Then list them in their order, and total them. If the amount seems large, do not let it frighten you. You are on the road to paying up when you plan a budget. To clear things up, go to the butcher, the baker and candlestick maker. Tell them you are going to pay cash as you go and will catch up as fast as you can. Ask them to be patient. Set aside a sum each month to pay on these bills, and you will soon clear them up.

Now you are ready to make your plans for a "new year."

Here are a few general "hints" that will help in mapping out the finances of the family with an income of \$1,200 to \$2,000 and from two to five in the family. Rent (including fuel) approximately \$20 to \$30 a month.

Food and household supplies \$3 for each person a week up to four people—then \$2.50 for each person.

Clothing from \$12 to \$18 a month—according to the number

of people.

General operating expenses—as paint, oilcloth, mending materials, etc., \$6 a month.

Savings, education, culture, etc., from \$33 down to \$4 a month, according to the number in the family, and the ages.

Does this seem discouraging, and does it indicate that those with small incomes cannot have much joy and higher life opportunities? Not in these days of splendid "free" education, "free" lectures, public libraries, magazine clubs, city organ recitals, church and school pleasures, free city garden plots, hospital clinics, etc.

There may not be much left for "pleasure"—but what is pleasure anyway? First, Togetherness—in a harmonious, clean happy home. Picnics—on the city roof, if need be. The garden or out-of-doors in spring and summer. Congenial neighbors in for an evening of bridge or games. Hikes. The meeting of church and parent-teacher's activities. The world is full of worth-while things to do, Mr. and Mrs. Home-Maker—if you really want to do them. And all the money in the world will not make you happy without them.

When the income increases what happens? Do the fixed or necessary expenses increase? This is the point on which hinges

many a family success or failure.

Was the family well-nourished on the former food allowance? Why spend more?

Was the house satisfactory and self-respecting? Was the neighborhood congenial? Did the children



have suitable associates? Why increase the rent until the

income substantially increases?

Undoubtedly a little more will be spent for clothing, especially for the man; some for necessary household help; and a larger proportion will go for savings or investments for the "easier" things of life and for helping others. The greatest care must be taken that, in the joy of the increase, too much is not spent. Think it over, and decide just what you need and want the most.

Passing "desires" are often mistaken for real "wants." Try jotting them down—all of them. Then, a few days later, read them over. Often you will not want those things at all. You will feel they are actually superfluous, or find that you already have

their equivalents, although you did not realize it.

It's a wise plan for the man and woman to get together with these expenditure lists and check them up—it's a part of Togetherness, you know. Probably he will say, "Look around and see where they are cheapest." It's amazing how interested the man gets in the children's clothes, the front room, or the rose garden, when you ask him about it.

You, Mrs. Home-Maker, will feel this is a bore, but it is really

good business.

In planning the budget *every* member of the family should be considered. The wife is the managing partner. She should have a definite sum, no matter how small, to spend as she wishes.



SECOND COURSE

A broiled chop on toast, peas and buttered carrots
garnished with lemon and parsley

The man should have enough for his clothes, club dues, and personal expenses. And each child above six should have a little, if only five cents a week, and should be encouraged to earn. Vacuum cleaning, sweeping the piazzas, brushing off snow, dish wash-

ing, getting the Sunday night supper—there are many things children can do—for you or for the neighbors. This makes them feel like real Home Partners.

A checking account is the best way to handle the family income, both the man and woman having the right to sign checks. Rent, gas and fuel bills, light, ice, etc., can all be paid by check.



THIRD COURSE

fuel bills, light, ice, etc., accompanied with a bread and butter sandwich

A weekly amount can be drawn to cover food and household supplies, extra help and the odds and ends for the week. If these are entered on the check stubs, it is an easy matter to compute the household expenses monthly and jot them down in a book. Such an accounting, which may be more detailed, gives a simple basis of comparison with the budget. After a few months or a year it will be as possible to plan the family income—getting the most out of it—as it is possible for business firms to work successfully on a budget.



FOURTH COURSE

Raspberry jelly topped with whipped cream and pecans and chocolate layer cake

TODAY

"Simpler Living, Simpler Laws"

The spinning wheel, candle-dipping, Dutch ovens, the weaving of cloth,—gone—with laws, ancient and complicated, made to fit the complexities.

Home-making made easier.

Living more leisurely.

Labor simplified by machines.

Great, shining food factories cooking for a nation.

Great whirring mills weaving cloth.

Public utilities furnishing light.

Bodies freed from deadening toil.

Hours for growth and normal fun—mixed with cheerful work and the joy of creation.

Time for the training of children.

The human touch, education, spiritual joys.

A vision beyond the four walls of home.

Humanity understanding humanity.

Hygiene and health controlled.

Their laws applied.

Saner bodies.

Saner minds and souls.

Longer lives.

One by one yesterday's cruel laws eliminated.

Today's simplicity.

SAVE BY USING LEFT-OVERS

Just what is meant by the phrase "left-overs"? We think of them as scraps of meat, odds and ends of vegetables, bits of fruit, and crusts of bread. They should really include the bones left from meats, the water from boiling vegetables, the outside leaves of lettuce, the tips of celery—everything that can contribute to any dish that may be made.

There are many left-overs that may not seem worth keeping—a dish of left-over oatmeal, a cube of cheese, a crust of bread, a tablespoonful of cottage cheese, a half cupful of sour milk, a

few left-over lettuce leaves, -all may seem useless.

But, just as the business man learns to use what he terms byproducts, that is, the left-overs of his business, so the Home-Maker can learn to use the by-products of her business. Nothing edible should be thrown out.

We hear much about the malnutrition of the children of our country. This is not because of lack of food. American children should have more food than those of any other country. It is because foods are badly selected and cooking often kills the lifegiving principles. These are called vitamines and they are destroyed with over-high heat. The minerals or blood builders which lie next to the skin of vegetables and are present in the cores of fruits are usually discarded. These are true left-overs and should be used.

In another way, the left-over is an economy, for the food was cooked the day before and only a little time, fuel and energy are needed to prepare it for another meal.

Planning so that there will be left-overs is one of the shortcuts of cooking. Often different things may be combined into one dish.

Suggestions for Using Left-Overs

MEAT

Combine three cupfuls of ground, cooked, lamb, beef or veal with two cupfuls of white sauce or tomato sauce, cover with fine, dry bread crumbs mixed with savory drippings or butter and cook thirty-five minutes in a moderate oven.

Heat two cupfuls of chicken, veal or lamb in two cupfuls of white sauce.

Line a baking dish with cooked rice seasoned with butter. Fill with the creamed meat, cover with the rice and bake thirty-five minutes.

Heat three cupfuls of chopped ham, tongue, veal, chicken or beef in two cup-

fuls of white sauce. Season with celery salt and serve on buttered toast.

FISH

Combine two and one-half cupfuls of canned salmon or any left-over fish with one pint of milk, one cupful of soft bread crumbs, seasonings to taste and two tablespoonfuls of ground green pepper, if convenient. Place in a buttered baking dish and bake about thirty-five minutes.

Line a baking dish with well-seasoned mashed potatoes. Fill with three cupfuls of flaked cooked fish, any kind, mixed with one and three-quarters cupfuls of white sauce, cover with the potatoes, dot with butter and bake in a moderate

oven until browned.

Combine three cupfuls of left-over mashed potatoes with one and one-half cupfuls of flaked, canned or left-over fish. Season to taste with a little onion juice, salt and pepper, make into flat cakes, dip in flour, brown on both sides on a griddle and serve with tomato or white sauce.

VEGETABLES

Make a salad bag of coarse cheesecloth in which put all the green vegetables that accumulate from day to day—watercress, lettuce, half a tomato, a few radishes, a stalk or two of celery, a thick slice of raw cabbage, etc., and use this to make the salad.

Combine cooked vegetables, diced, with a diced raw vegetable, such as green pepper, celery or the firm part of a cucumber, or substitute grated raw carrot. Add mayonnaise to moisten. Chill and serve on lettuce as a salad with or without

mayonnaise or Russian dressing.

Use one and a half cupfuls of any pulpy left-over vegetable like creamed corn, mashed potatoes or cooked lima beans as a basis for a milk soup. To do this combine the vegetables with one pint of water, boil ten minutes, sift, add one quart of milk or one pint of evaporated milk and one pint of water, thicken with two and one-half tablespoonfuls of flour creamed with an equal amount of butter or margarine and season to taste with salt and pepper.

Add to chicken, veal, salmon or white fish which is being creamed, half the

quantity of left-over peas, diced string beans or fresh lima beans.

BREAD

Place bits of bread in a covered pan in a warming closet or in a box in a warm place. When thoroughly dry put the bread through the food chopper and use it as follows:

a Instead of flour-in rolling patties of any kind, potato cakes, hash or hash

cakes, etc.

b Instead of flour-in making steamed puddings, gingerbread, biscuits, etc.

c Use instead of flour—in thickening gravies or savory vegetables, fish or

meat soups.

d Use as a binder—in the making of meat or fish loaves, allowing to one and one-half pounds of meat or fish, one-half cupful of crumbs cooked smooth with one-half cupful of milk.

e Cut crusts and broken slices of bread into cubes as regular as possible, place in a pan thickly oiled with butter, dust with a trace of salt and bake until brown, stirring occasionally. Serve with soup.

f Use half slices of buttered bread as a top crust in making meat or fish pies.

g Use bread crumbs in the making of fruit or savory dumplings. (See recipe in this book.)

FRUIT

Put odds and ends of fresh and canned fruit together in a preserving jar, add a little sugar, lemon juice and warm water, chill for a few hours and serve as a fruit cocktail at the beginning of a luncheon, dinner or supper, or as dessert at an informal meal.

Use odds and ends of fresh and canned fruit as described above, in the making of quick toast shortcake. Serve with or without cream. (See recipe in this book.)

To one pint of left-over canned, dried or fresh fruit (such as canned pineapple, a little diced orange and some cooked dried apricots) allow a package of prepared orange or lemon gelatine. Prepare according to the directions on the package and when beginning to congeal, stir in the fruit. Serve plain or with cream.

Prepare the fruit gelatine as described. While it is stiffening make a pie-crust shell. When the gelatine and fruit are beginning to set, transfer to the shell and when stiff serve with whipped cream.

The woman who learns to work in the left-overs, who shops with her eyes open, watching for those foods which are new, who uses the better recipes, who plays a game with herself to see how much time and money she can save and yet how delicious she can make her meals—is the Home-Maker who will find that cooking is a real pleasure.

SOME SAVORY DISHES

Here is a group of appetizing dishes which may be used as the main portion of the meal. They are economical and substantial and may be used in any season.

All measurements are level.

Italian Meat Pie

3 cupfuls minced beef, lamb or veal

1/2 cupful fine dry bread crumbs

½ teaspoonful salt Few grains allspice

1 tablespoonful minced onion or 1 clove garlic

1 pint canned tomatoes, sifted

1½ teaspoonfuls sugar

1/8 teaspoonful pepper
2 tablespoonfuls savory meat drippings

2 tablespoonfuls flour Slices of buttered white bread

Combine the tomatoes, seasonings and onion, bring to boiling point, simmer

five minutes and thicken with the drippings and flour blended. Add the meat and crumbs, transfer to an oiled baking-dish, cover with the buttered bread and bake in a quick oven—375 degrees F.

Italian Fish Pie

1 pint milk

2 tablespoonfuls flour

½ teaspoonful salt

1/2 tablespoonful lemon juice Few drops onion juice Sliced, buttered white bread

2 tablespoonfuls margarine or butter

1/8 teaspoonful pepper Bit of bay leaf

3 cupfuls minced cooked haddock, cod, halibut or white fish

Make a sauce of the butter, flour, seasonings and milk, add the fish and lemon juice, transfer to an oiled baking-dish, cover with the buttered bread and bake until brown in a moderate oven—350 degrees F.

Spare Ribs with Bread Dressing

Dredge the ribs with salt and pepper after cracking them. In the meantime, make a bread dressing which may or may not contain a tart apple minced. Put the dressing in a pan and fold the spare ribs over it. Dust thickly with flour, letting some fall on the bottom of the pan and place in a hot oven—375 degrees F. Bake until the flour is brown, then add a little water. Reduce the heat and cook gently about an hour and a quarter. Make a gravy from the drippings in the pan. It may be tomato gravy made by using the juice of canned tomatoes instead of water. If desired, apples which have been cored and cut in halves crosswise, or pared sweet potatoes may be baked with the spare ribs.

Spare Rib Stew

Break the spare ribs in medium-sized pieces, roll them in flour, dust with salt and pepper and brown in savory drippings. Add equal parts of water and sifted canned tomatoes to half cover. Simmer until tender—about one hour—and thicken with one tablespoonful of flour blended with a little cold water. Serve with baked potatoes or boiled rice.

Creamed Eggs on Toast

6 hard-cooked eggs

3 tablespoonfuls flour

½ teaspoonful salt

1/8 teaspoonful pepper

1 minced green pepper or

1 minced pimento

2½ cupfuls milk

2½ tablespoonfuls butter or margarine

1 slice onion (optional)

1 teaspoonful minced parsley

Buttered toast

Cut the eggs in half, lengthwise. Keep them warm. Melt the butter, stir in the flour and seasonings and gradually add the milk and pepper. Cook ten minutes, then arrange two egg halves on a slice of toast, pour over the sauce and serve.

Scrambled Eggs with Croutons

3/4 cupful diced white bread

1/4 cupful butter or bacon fat

5 eggs

2 tablespoonfuls minced onion

5 tablespoonfuls milk

3/4 teaspoonful salt

1/8 teaspoonful pepper

Melt the fat, add the onion and bread, and fry until the cubes are crisp. Beat the eggs, add the seasonings and milk, stir in the eggs and scramble, scraping up the mixture as fast as it thickens. Serve at once.

Escalloped Tomatoes

1 can tomatoes (solid packed) 1/4 cupful melted butter, bacon or ham drippings

1 teaspoonful salt 2 t

2 teaspoonfuls sugar

2 teaspoonfuls minced onion

1/4 teaspoonful pepper

11/2 cupfuls fine dry bread crumbs

Combine the tomatoes and seasonings, melt the fat and stir in the crumbs. Put a layer of crumbs in the bottom of the baking dish, follow with one of tomatoes and continue until all is used, making the last layer crumbs. Bake from thirty-five to forty minutes in a moderate oven—350 degrees F.

Savory Escalloped Tomatoes

With each layer of crumbs in the preceding recipe, add a little minced ham.

Meat Balls on Toast

11/2 pounds ground veal or beef

½ cupful soft bread crumbs

½ cupful milk

teaspoonful salt

1 minced pimento (optional)

1/4 cupful minced ham or devilled

tongue

2 teaspoonfuls minced parsley

1/3 teaspoonful pepper

1 tablespoonful lemon juice

Buttered toast

Combine the crumbs and milk, cook until thick, then add the seasonings and the meat and form into flat cakes. Roll in flour and fry in bacon fat or savory drippings until light brown. Half cover with boiling water or soup stock and simmer until done—about thirty minutes. Remove the meat cakes to slices of buttered toast, keeping them warm. Make a gravy from the liquid in the pan, thickening it, as needed, with a little flour mixed smooth with a little cold water (about three-quarters of a tablespoonful to one cupful liquid). Add more salt and pepper. If desired, a cupful of peeled and quartered mushrooms may be added five minutes before the meat balls will be finished. Pour over the toast and serve with a garnish of buttered noodles or spaghetti.

Baked Crumb Omelet

5 eggs

½ teaspoonful salt

1/8 teaspoonful pepper

1/3 cupful milk

1/3 cupful soft bread crumbs

3 tablespoonfuls butter or hot savory bacon or ham fat

Separate the eggs. Beat the yolks until very creamy and add the crumbs, milk and seasonings. Whip the whites till dry, fold the yolk mixture into them

and transfer to a deep baking dish containing the fat, melted. Bake from twenty-five to thirty minutes in a moderate oven—350 degrees F. and serve at once.

French Sandwiches

Make sandwiches of devilled ham, minced ham or potted tongue in the usual way, buttering the bread and putting the slices together. For every six sandwiches, beat an egg in a shallow bowl, add one and one-half cupfuls milk and a few grains salt, dip the sandwiches in this and lift out at once. Drain a moment and fry in butter. Serve as the main course at breakfast, luncheon or supper.

Baked Sliced Fish with Stuffing

2 pounds sliced fish (solid) as halibut, sword fish or salmon. Savory dressing.

Oil a baking dish or medium-sized pan and lay the fish in it. Dust with salt and pepper, cover with the dressing and bake forty to fifty minutes in a moderate oven—350 degrees F. Serve with tomato or any savory sauce.

Savory Dressing

2 cupfuls soft bread crumbs 4 cupful savory drippings

3/4 teaspoonful salt

1/4 teaspoonful pepper

1 teaspoonful minced pe

tablespoonful minced onion 1 teaspoonful minced parsley

1 cupful canned tomatoes

Combine the ingredients in the order given and use in the preceding recipe or as a stuffing to any fish that is to be baked.

Braised Flank Steak

Order a flank steak. Salt, and on it spread the dressing made by the preceding recipe, or use a plain dressing, if desired. Roll up, tie with a string and brown or fry in savory drippings. Transfer to a casserole or small iron pot. Around it put one cupful of coarsely-diced carrots, one of diced turnips and one of diced celery in season. Half cover with boiling water, put on the lid and simmer until tender—about two and a half hours. Remove the meat and vegetables and thicken the gravy with one tablespoonful flour mixed with cold water to each cupful of liquid. Serve with a garnish of boiled rice, mashed potatoes or small whole white or sweet potatoes, put in with the meat to steam, forty-five minutes before the meat is expected to be done.

A LOAF OF BREAD

Brown and crusty—
Flavory with the vitality of yeast—
Of wheat—grown by the earth—the sun—the rain—
Not a mere thing to be eaten—
But Life
Converted into the flesh of Man.

RECREATING THE HOME

Have you ever visited a newly furnished home—then returned to your own house and looked about?

Everything looked jaded and worn and out-at-the-elbows—

shabby, disorderly, not even comfortably familiar.

Then did you ever sit down quietly in each room and carefully

think out why it looks so shabby?

Often it is too crowded. Amazing how many things one can eliminate and never miss, old pictures, calendars, magazines, bric-a-brac, worn out cushions, frayed curtains. One does not realize how dejected they are—until one sees them by contrast.

It is not so often the major articles in a room that are wrong as the little ones—and these can usually be remedied by care, a little time, patience and a reasonable amount of money spent from time to time.

The best way to re-create, or renovate, a house is to take it room by room. Jot on a sheet of paper just what you can do with it, keeping in mind what you would *like* to do.

The Living Room

In the living room you may need new window shades (or turn the old ones).

Fresh window pulls. You can make charming tassels yourself. New window draperies. Chintz can be bought as low as twenty cents a yard, and net at a similar price.

New covers for sofa pillows. Often the piece bag will help

you out, or faded pillow covers can be dyed.

A picture may need a new frame, or an old frame need regilding. The old-fashioned picture wires that show can be discarded for the newer hooks.

An old oil lamp can be "electrified" and a home-made shade put on it. The High School child can make one that is lovely.

A chair may need covering, or a tufted chair a new slip cover.

White window sills may need new paint, the floor some varnish or wax. (For this job the man of the house should be called in).

Little window boxes, painted like the woodwork will perform

wonders.

A new vase can be kept filled with greens in winter, ferns or flowers in summer—from the woods.

And while these little things are being done, one can look ahead to the day when a new rug, or table or couch may be bought.

One never realizes a dream until the utmost has been done with

what there is on hand.

The Dining Room

The dining room often needs new shades, curtain pulls and dainty draperies that can be kept spotlessly clean.

Window boxes. Gold fish in a bowl. A few ferns in a dish,

a basket or holder for the dining table.

Between times covers for the buffet and table.

The dining table top refinished; the chair seats (if they cannot be reupholstered or caned) covered with pretty chintz slips.

A set of oil-cloth or checked gingham doilies.

The buffet unloaded of useless objects.

Surely these things are within reach of any household.

The Bed Room

Here good looking shades and washable draperies are a necessity. Better keep them white—unless they actually match the spreads.

Plain bureau scarfs with applied edges of the prevailing color. Handles on bureau drawers. Paint furniture or refinish when

necessary.

Cluttering pictures removed. Washable slip covers for pincushions. Any woman can make the bedrooms harmonious and dainty.

The Kitchen

Although a third of the time of most Home-makers is spent in the kitchen, it always seems to be the last consideration.

Tight bright walls are a recessity. If they are dealers

Light, bright walls are a necessity. If they are dark and dingy, sacrifice a little if necessary, to have them painted a cheery color—with washable paint.

If the sink is iron make it look as well as possible by painting

it black.

Refinish your stove with a polish that paints on and does not burn off.

Line the kitchen drawers with white oilcloth. Tack an oilcloth splasher over the sink.

If you haven't a regular drain board beside the sink, cover the one you have with sheet zinc.

If possible cover the floor with linoleum, or use large linoleumlike rugs. Either wears better if a coat of white varnish is applied.

Replace all nails with hooks.

Make new holders with washable slip covers and hang them near the stove.

Go through the cupboards and discard all useless articles.

Make sash curtains that match for the windows and shirred curtains for the cupboard doors. Scrim, voile, or sometimes worn draperies from other rooms can be used.

Provide a suitable place for the maid to eat her meals.

Be sure a comfortable rocking chair is included.

A little paint in dingy places works magic. The old worn chair made yellow or Japanese red, the chest of drawers that holds the kitchen linen painted to match, the kitchen table base redone, and the top covered with zinc or fresh white oilcloth, missing knobs put on kettle covers. The little things that can be done for a kitchen are innumerable.

Without this careful attention to details the most expensively furnished home soon looks dingy and un-loved.

It is impossible to do everything at once. When the improve-



An Outdoor Meal

ment plan is made for each room, begin to systematically save a little each week—if only ten cents—towards the expenses. In the meantime utilize everything you have. Window boxes can be made from boxes the grocer will give you free. Ten cents will paint them. Fifty cents will buy material for two cushion covers. Don't wait to save enough for the whole amount. Improve your home week by week, as fast as you can.

If your income is budgeted, this saving will be an easy matter. One of the prettiest kitchens I have ever seen was in the house of a "poor" woman who saved and spent in improvement ten

cents a week!

WATERING THE PLANT

The "L" train roared by

The little old lady on the fire-escape.

A plant she had,

Straggling and pitiful—in a tin can.

Each day she watered it.

The Boy saw her as he went to work.

One day he sent her a lovely geranium.

(She looked like his mother.)

And then he called—and fixed her sagging stove—and rickety table—and mended the screen.

Sixty years old—

A mere boy taught her how to make a dollar do a dollar's work—

Until the kitchen was brave with paint—the stove was blacked—new curtains—and

The Plant had grown into a window-box.

MAGIC

Our children are taught the magic of "please"—and "thank you"—the way to ask for—and the way to express gratitude.

The letter of the laws of politeness and appreciation—

But there is even a greater magic—that, were our children to learn it, and we ourselves to apply it, would make living easier and happier.—The miracle of kind words, sincerely spoken—the expression of appreciation, the gay stimulus of "a bit of blarney" at the right time.

When a man has succeeded in putting through a business deal and he comes home bubbling over with enthusiasm, even though it doesn't sound very interesting, Mrs. Home-Maker, then is the moment to tell him you're proud of him. You are. It will mean as much to him as your mother's approval meant to you.

Or possibly he has a new suit or tie; has clipped the grass along the edges of the walk; planted the garden, or trimmed the fruit trees—a word of appreciation, not criticism, will work wonders toward making you—and the home—happier. It reflects you.

If the children have tried to be polite—to keep their elbows off the table—to pick up their rooms—reward them with a kiss and "thank you." They'll try all the harder to-morrow.

If your maid has cooked a specially good dinner—cleaned the kitchen till it shines—tell her how nice it looks.

Blarney? No—just the oil of kindness.

A SUNDAY NIGHT SUPPER

Mary and John,
And James and Martha
Rachel and her young man—
And Aunt Becky who has no place to go,
Gran'pa and Gran'ma coming up the walk—
And nothing to eat!
A picnic in the house—
Made at the table—
Sandwiches—egg lettuce, tomato, potted han

Sandwiches,—egg, lettuce, tomato, potted ham and dress-ing—

Tea or cocoa—
Some cake from the store—
And peaches canned last Fall.
A feast—with friends!

"DO IT TODAY"

With today as full as seems possible, this phrase may seem like a cruel whip. But getting things done is more or less a matter of elimination—of things that are of no consequence.

When every hour seems full to overflowing—stop! Take stock of time and the way you spend it. You must rest and relax? Quite right, but brief and often inconsequential rest subtracts from a possible two hours off or time to get a real change.

Actual work is fun—if it's done in the spirit of accomplishment. No matter how busy you are, a plan can always be made to cover the work you would like to accomplish each day. This must allow a certain amount of time for rest, recreation, pleasure or out-of-door exercise. The afternoon hours are available in most homes. If there is a maid, a rest period for her is also a necessity.

Housework seems difficult because too much time is spent in doing it. It is possible to apply to the work of a home the under-

lying principles of a business. Among these are:

System.

Few delays.

Every mental and physical process made to count.

The best tools to do the work.

Doing things on time.

Housekeeping a business? It's the biggest of all businesses. Every woman, who conducts her home happily, efficiently, easily, is contributing to the welfare—not only of her family, but of her country.

After making a plan to systematize the house work, carefully go over the equipment and arrangement of the kitchen, pantry

and general working quarters.

Look at this from the business standpoint. If you were running a factory, would you pay a salary to a man who had to walk ten feet every time he wanted a certain tool? Wouldn't you try to put it within his reach, so that you would not have to pay him for the time he would spend in useless steps?

Whenever you make a needless motion, you are wasting

energy.

Is your chopping-knife near the chopping tray, the can of coffee beside the percolator, the tea by the tea-pot, the paring

knives near the sink, the bread-board and knife near the breadbox, where they will be easy to use together?

Household efficiency means not only the spending of money for equipment, but also the saving of every unnecessary expenditure of energy.

No homes are perfect. All can be bettered.

Look at time-saving from this standpoint, and rearrange the kitchen and pantry.

Is the sink too low? Raise the dish pan. The table too low? Put it on castors.

Do your feet get tired from standing? Get a stool and learn to work sitting down.

Have you a kitchen cabinet? Buy one if you can-or arrange a group of shelves over the work table for supplies-and hang cups, egg-beaters, etc., under them.

Is the floor hard to scrub? Put on old-fashioned floor paint-

if you cannot afford linoleum.

Do not go through the years thinking you will do these things. Do them.

Every time you think about doing a thing—you are wasting almost enough energy to "do it now."

House-work consists of details and repetition, but so does every other business.

The best way to handle it—after a working schedule has been made—is to sit down each day after breakfast—or in the evening and list the extra details for the day—telephone calls, odds and ends of shopping, putting away furs, a committee meeting-all extras should be noted. There seems to be magic in pencil and paper. When reduced to actual written facts any problem can be solved. After the early morning work is done, do all the little extra jobs. It's amazing how restful it is—to free the mind of details.

Most of us waste enough time in putting things off to accomplish all we have to do in half the time.

There is nothing like a brisk, quick; early morning start and persistent work until the rest period to carry one through triumphantly. If extra rest seems needed, systematically take five or ten minutes from every hour, and lie down, sit down, read, or go out on the piazza for a "breath" according to your needs.

General Routine (not ironclad) for a Household Where There Is No Maid

Washing and ironing done outside, or by a woman who comes to the house.

- 1. Start breakfast half an hour before it is to be served.
 - a. Start the coffee.
 - b. Start other food taking time to cook.
 - c. Set table and prepare fruit.
 - d. Complete breakfast.
- 2. Clear the table and stack dishes.
 - a. Go through ice-box and plan meals. Note needed supplies for next three meals. Wipe out ice-box if necessary.
 - b. Prepare luncheon as far as possible and dinner dessert.
 - c. Wash dishes.
 - d. Sweep kitchen.

Work should be finished by ten if breakfast is at eight—earlier if breakfast is at seven or seven-thirty.

- 3. Make beds, care for bathroom, dust rooms, as necessary. This takes about an hour.
 - 4. Do extra work, sweeping, cleaning silver, going to market, etc.
 - 5. Luncheon at 12:15.
 - a. Clear table, stack dishes, prepare vegetables and get food ready for dinner.
 - b. Wash lunch dishes.

Work finished by 2 o'clock.

- 6. Rest for thirty minutes. If possible, bathe and change clothes.
- 7. Free time from 2:30 to 4:30; to sew, read, entertain, or go out with the children. A walk every day is a necessity.
 - 8. Begin dinner at 5 or 5:30.
 - a. Feed the children at 5:30 and put children under three to bed at 6.
 - b. If possible wash up pots and pans as fast as they are used.
 - c. Dinner at 6:30.

The woman with little children may have to change this schedule. In many cases it is advisable to give the bath directly after breakfast. At any rate, the planning of meals and the cooking, as far as possible, should be done during the child's morning nap.

Schedule for a Maid

A maid can follow this same routine. She will probably do the washing and ironing. Tuesday is a good day to wash, as this leaves Monday for extra mending. Start washing after clearing the breakfast table. Take two afternoons to iron, if necessary, planning "oven" dinners. The maid should have from an hour and a half to two hours to herself during the day, and two half-days a week.

Much time can be saved in cooking, for bread and cake can be purchased. It is as old-fashioned to bake bread as to dip candles. The big bakeries can do it far better—they are scientifically equipped; make a specialty of it; they buy the ingredients in large quantities. They can, therefore, produce better things at less cost.

Quick soups — ten-minute desserts — platter-meals — boiled dinners—are all time-savers any home-maker can introduce.

Old-Fashioned Boiled Dinners

1

Boiled Beef with Horseradish Sauce Boiled Potatoes Boiled Diced Turnips, Buttered Cucumber or Lettuce Salad Bread and Butter Pumpkin Pie Coffee or Tea (adults)

2

Boiled Whitefish or Fresh or Salt Codfish Quick Hollandaise Sauce Boiled Onions Boiled Creole Rice Bread and Butter Lemon Bread Custard Tea or Coffee (adults)

Platter Meals

1

Baked Sliced Ham Mashed Potatoes
Peas Sliced Tomatoes
Bread and Butter
Lemon Raisin Meringue Pie
Coffee (adults)

2

Baked Sausages with Gravy on Toast Sweet Potatoes Glacé String Beans Cole Slaw Apple Betty with Hard Sauce Coffee (adults)

Oven Meals

1

Casserole of Beef Baked White or Sweet Potatoes
Baked Winter Squash or Baked Onions
Piccalilli or Celery
Bread and Butter
Apple Tapioca Top Milk
Coffee or Tea (adults)

2

Meat Loaf Bananas or Tomatoes baked with the Meat
Peas or String Beans
Oven Cooked Potatoes O'Brien
Savory Lettuce Salad Bread and Butter
Macedoine of Fruit Ginger Snaps
Tea or Coffee (adults)

HOW TO SAVE TIME

Make a plan and stick to it.

Concentrate on what you are doing.

When a "job" is done, forget it. Thinking about it is like doing it twice.

Prepare several foods at a time—a group for oven cookery—

and some for the steamer.

Cook enough at one time, if possible, for two meals—potatoes, macaroni, meat, dessert, salad dressing, stewed fruit, vegetables, soup, etc.

Scald the dishes and let them dry, instead of wiping them.

Pick up as you work.

Wash the cooking dishes as fast as they are used.

Discard clothing, old magazines and newspapers before they accumulate.

Wash little articles when soiled.

Wipe off paint and woodwork as necessary when the dusting is done.

Keep the ice-box cleared out and clean it daily. Wipe greasy dishes with paper before washing.

Keep the everyday silver, glasses and china near together to save steps.

Keep ahead of your work.

At canning and preserving season, "put up" a jar or so each day, preparing the fruit or vegetable when getting a meal.

Make enough pie crust at one time for several pies.

Dry bread crumbs, grind, and put through the food chopper, and keep on hand.

Teach the family to pick up their bed rooms while they dress.

WHAT YOU CAN DO WITH THE TIME YOU SAVE

Attend the Woman's Club, the Woman's Church Society, Sewing Club, Parent-Teacher's Association, some Lodge, the Grange, etc.

Take up again your music, languages, dancing.

Give yourself some beauty treatments and proper manicures. Take care of your hair.

Make dainty accessories for yourself or your home.

Go to an occasional movie, bridge, or matinee.

Visit your children's school—take a live interest in their education.

Serve informal afternoon tea once or twice a month—indoors in cold weather—on the piazza or outdoors in warm weather.

Do a little gardening.

Play golf or tennis.

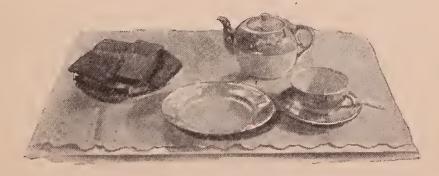
Read some new books—outdoors in suitable weather.

Visit the shops occasionally.

Attend a fashion show, cooking demonstration or home economics talk by your Home Demonstration Agent.

Go for long walks—especially in the open.

Spend ten minutes a day in "setting up" exercises.



BREAD THE SLENDERIZER

One can eat as much as one likes if it is this kind of bread, sliced thin, toasted brown in the oven, and served with clear tea.

TEN MINUTE DESSERTS

A sweet belongs in each meal, to furnish energy or fuel to carry on the fires of life. A dinner, luncheon or supper seems incomplete without a sweet or dessert. It can be easily and quickly made.

On busy days try these—they are delicious and healthful.

All measurements are level.

Quick Strawberry Shortcake

For each person allow two slices of hot buttered toast. Put together with three heaping tablespoonfuls of sliced and well-sweetened strawberries and their juice, slightly warmed. Top with more berries and serve with plain cream or sweetened whipped cream. The toast may be made at the table, the shortcakes being put together individually.

Peach Shortcake

Substitute sliced fresh, sweetened or canned peaches for the strawberries in the preceding recipe.

Apricot Shortcake

Substitute well-sweetened, canned apricots for the strawberries.

Raspberry, Blackberry or Loganberry Shortcake

Substitute any one of these three berries for the strawberries in the quick strawberry shortcake.

Chocolate Pudding

3 cupfuls milk 1 cupful water
2 ounces (squares) chocolate ½ cupful cornstarch

3/4 cupful sugar 1/4 teaspoonful salt

½ teaspoonful vanilla 1 beaten egg white (optional)

Cut the chocolate fine, add to the milk and water and scald, stirring occasionally. Mix the cornstarch, sugar and salt together. Gradually add a little of the hot milk to this until smooth. Return and cook, stirring constantly until thickened. Cook five minutes more over hot water. Turn into moulds rinsed with cold water and chill. Serve with or without light cream, sweetened whipped cream or marshmallow cream diluted with warm milk until it will pour.

Charlotte Russe

They should be arranged individually. For each person allow three halved lady fingers or six two-inch strips of sponge or plain cake. In the bottom of each sherbet glass put one tablespoonful of any kind of jam, apple sauce or rich preserves. Stick the ends of the strips of cake or lady fingers into this and fill with whipped cream sweetened and flavored with a little vanilla. Garnish further with a candied cherry or a little citron.

Mock Charlotte Russe

Follow the directions given in the preceding recipe, substituting for the whipped cream, fruit whip. Serve at once as soon as put together. Either canned or fresh fruit may be used.

Fruit Whip

Combine one cupful crushed strawberries, ripe peaches, well sweetened, canned peaches or apricots or fresh strawberries with two egg whites and one-half cupful powdered sugar for fresh fruit. Beat steadily with a stout egg beater until the mixture holds its shape and use as described in Charlotte Russe or as a topping for plain fresh fruit or fruit cup.

French Toast with Peaches

12 small slices of bread

3 cupfuls milk

Few grains nutmeg

2 eggs

Few grains salt 1 tablespoonful sugar

2 cupfuls sliced fresh peaches well

sweetened

Leave the crusts on the bread. Beat the eggs, add the milk, sugar, salt and nutmeg. Dip slices of bread in this, three or four at a time and fry until brown, in butter or a good butter substitute. Do this just before serving time. Serve heaped with the peaches.

Quick Fruit Tapioca

½ cupful quick cooking tapioca

1½ cupfuls canned fruit juice

½ teaspoonful salt

1 tablespoonful lemon juice

1½ cupfuls boiling water

2 cupfuls diced, canned fruit

½ cupful sugar

Grated rind 1/2 lemon

Combine the water, fruit juice, sugar, salt and lemon rind. Bring to boiling point, stir in the tapioca, cook until nearly transparent and add the fruit. Cook until the tapioca is absolutely clear. Add the lemon juice, chill and serve with or without plain or whipped cream or soft custard.

Dried Fruit Tapioca

Any kind of cooked dried fruit and its juice may be substituted for the canned fruit in the preceding recipe.

Rice Cakes

3 cupfuls left-over cooked rice

1 egg

3 tablespoonfuls sugar

1/8 teaspoonful cinnamon

Fine, dried bread crumbs

Combine the eggs, cinnamon and rice, form into small, flat cakes, dip in the crumbs and brown in butter or a good substitute. Serve with rich, canned fruit, preserves, melted jelly or any kind of syrup.

Quick Jelly Omelet

5 eggs

½ tablespoonful sugar

½ cupful jelly (or jam)

5 tablespoonfuls hot water

½ teaspoonful salt

2 tablespoonfuls butter

Powdered sugar

Beat the eggs until very light, with the half tablespoonful of sugar, salt and water. Melt the butter in a medium sized frying pan (very, very clean) and pour in the egg mixture. Cook gently, lifting it up around the edges to allow any uncooked portion to precipitate and when brown on the bottom, it should be firm through to the top. Spread with the jelly, beaten very smooth, with a fork. Fold over, transfer to a hot platter and dust thickly with the powdered sugar.

Apple Sauce with Cinnamon Crumbs

11/2 quarts sliced tart apples

1/2 tablespoonful butter

1/3 teaspoonful nutmeg

1½ cupfuls sugar
Few grains salt
Cinnamon crumbs

Combine the apples, sugar, salt and butter with one cupful of water in a casserole. Cover and bake slowly until the apple sauce is ready—about two hours. Serve warm with cinnamon crumbs.

Cinnamon Crumbs

Melt one-quarter cupful butter in a small frying pan. Stir in one and one-quarter cupfuls coarse white bread crumbs and cook until brown. Sift thickly with powdered sugar and cinnamon in the proportion of one-half teaspoonful cinnamon to one-half cupful sugar.

Note.—Cinnamon crumbs may be used with any fresh fruit sauce, with boiled

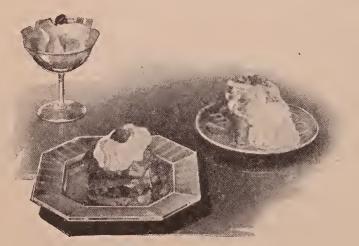
rice, with hominy cooked in milk or warm baked custards.

Quick Fruit Cup

1 cupful canned, grated pineapple 1 sliced orange Diced cooked figs, apricots or peaches 2 sliced bananas

1 cupful stoned prunes
Juice one lemon
Sugar to taste
About 1/3 cupful cocoanut

Combine the fruits in the order given, add the lemon juice and sweeten. Chill as long as possible and serve garnished with a thick sprinkling of the cocoanut. If desired, this may be arranged in sherbet glasses; strips of sponge cake or halved lady fingers being tucked in about the edges, Charlotte Russe fashion.



SIMPLE DESSERTS

Charlotte Russe, Quick Strawberry Shortcake (made with toast); slices of Sponge cake with Strawberry Jam and Whipped Cream.

THE BASIS OF COURTESY

There's a little woman who doesn't use good grammar;—she always wears a gingham apron in the house; she uses a red and white checked table cloth.

It is a joy to visit her.

She understands courtesy.

In her home

You are not made uncomfortable by gossip.

You are not criticised.

She greets you cordially—the front door wide open.

She seems to have time—no matter how busy she is.

If it's warm she thinks of a glass of water;—if cold, of a cup of tea.

She speaks gently.

She listens.

She understands that true courtesy means the physical and mental comfort of others.

You leave her home

Refreshed.

TABLE MANNERS

The underlying principle of good manners is thoughtfulness for others. On this all table etiquette is based. To eat daintily and unobtrusively. To sit erect, giving out a sense of health, —to allow the waitress to perform her duties without hindrance, —to elevate "eating" to the plane of other delightful phases of living—these are the reasons for the many little customs that are included in "manners."

The chair should be placed so that it will not be necessary to draw it out before sitting. It should not be "hitched" up to the table. Sit well back and lean slightly forward while eating. If a chair is too low, raise it by means of rubber or brass caps, or put a cushion on it.

The gentlemen should seat the ladies. The silver should not be pushed aside.

The napkin should be unfolded and laid across the lap.

The silver is usually laid in the order of its use, from outside toward the plate. (See directions given for table-setting in this book.) Take up the implements in rotation as needed.

Relishes, jelly, etc., should be placed on the bread and butter plate.
In eating soup, use the side of the spoon. Do not tip the soup plate. Do not crumble crackers into soup.

If bouillon is served in a cup, it may be eaten partly with a spoon—the

rest as a drink.

When asparagus stalks, not very long, are served on toast, and are not covered with a sauce, they may be eaten with the fingers—otherwise use a fork.

Bones should not be gnawed. It is not considered good form to soak up gravy with bread,—nor to mash whole potatoes and cover them with gravy. The gravy should be put on the plate,—the potato cut with the fork and dipped in it. But, bread-and-gravy and potato-and-gravy, with the gravy poured over the bread and mashed potatoes, are quite all right.

Break slices of bread into halves or quarters before buttering. Lettuce should be eaten with a salad—not just looked at.

Parsley, lettuce, cress, etc., used as garnishes may be eaten.

The hands and elbows should be kept off the table. Between courses they should rest easily in the lap.

Knives should be used only for cutting food.

Spoons'should not be allowed to stay in the cups.

Pâte and timbale cases, and bread croustades should be eaten.

Spaghetti, if in long pieces, may be cut a little at a time with a fork.

After they have been used, the knife should be laid across the edge of the plate, the fork, tines up, beside it.

If a piece of silver is dropped, wait for the waitress to pick it up.

Oysters or clams on the half shell should be eaten direct from the shells with the fork provided. If cocktail sauce is served, they should be dipped individually.

It is not good form to cut up more than a bite at a time of any food.

Baked potatoes should be cut open—then eaten either from the skins or with the skins—with a seasoning of salt, pepper and butter.

Corn-on-the-cob should be broken in halves. Little silver corn forks or ends

are often inserted before serving, to act as handles.

Lobster should be eaten from the shell.

When oranges or grapefruit are served cut in halves, to be eaten with a spoon, the pulp should be eaten, but the fruit should not be squeezed.

Apples, peaches and pears should be quartered before eating.

Disparaging comments on the food should never be made. The conversation should be cheerful—no unpleasant discussions or quarrels and no interruptions.

The fingers should be dipped in the finger bowls, then wiped on the napkin.

Toothpicks should not be passed or used at the table.

In helping oneself when the waitress is passing the food, take *small* portions, and replace the serving spoon or fork with the handle pointing toward you—so the next person can use it easily.

Do not ask for a "second helping" unless you are sure there is plenty!

In refusing food, passed by a waitress or butler, merely shake the head. It is not necessary to speak aloud. This often interrupts conversation.

The guest who is staying for a succeeding meal should fold the napkin. If

not staying, lay the napkin, unfolded, at the left.

BALANCED MENUS FOR DIFFERENT SEASONS

When a meal is properly planned it is called "balanced" because it supplies each part of the body with the needed elements. Most meals contain certain amounts of the necessary nutriment—but they are improperly proportioned—there is too much starch or sweet—or too much fat—they are usually too few bulky foods to help elimination and vitamines for growth, nerve poise and to assist digestion.

The following simple meals are balanced. Be careful not to

add jelly, preserves, or any other accessories to them.

Balanced Menus for Three Days in Fall

1

Breakfast

Stewed Prunes
Milk Toast Butter
Coffee (adults) Cocoa (children)

Luncheon or Supper Clam Chowder Crackers

Clam Chowder Crackers
Bread and Butter
Quick Apple Fritters Tea (adults)

Dinner

New York Baked Beans Bread and Butter Browned Potatoes Escalloped Tomatoes Celery Squash Pie Coffee (adults)

2

Breakfast

Baked Apples
Ham and Eggs Toast and Butter
Coffee (adults) Cereal Coffee (children)

Luncheon or Supper

Welsh Rarebit on Toast Bread and Butter Cole Slaw Squash Pie (left-over) Tea (adults)

Dinner

Meat Loaf (Veal, Pork and Beef) Gravy
Baked Potatoes Buttered Beets
Bread and Butter Uncooked Relish
Chocolate Bread Pudding Cream Sauce
Coffee

Balanced Menus for Three Days in Winter

1

Breakfast

Grape Fruit
Cooked Wheat Cereal Top Milk
Broiled Finnan Haddie Toast and Butter
Coffee (adults) Cereal Coffee (children)

Luncheon or Supper

Toasted Ham (potted) Sandwiches Fruit Salad (Oranges, Apples and Dates) Ginger Cookies Cocoa

Dinner

Corned Beef Boiled Potatoes Carrots
Turnips and Cabbage
Bread and Butter Horseradish
Steamed Apple Dumplings Lemon Sauce
Coffee (adults)

2

Breakfast

Sliced Bananas
Creamed Potatoes Crisp Sausages
Buttered Toast Orange Marmalade
Coffee (adults) Cocoa (children)

Luncheon or Supper

Baked Potatoes stuffed with Cheese Lettuce Salad with Boiled Oil Dressing Quick Spice Cake Tea (adults)

Supper

Cream of Lettuce Soup
Corned Beef and Vegetable Hash (left-over) Chili Sauce Cole Slaw
Bread and Butter
Baked Indian Pudding Hard Brown Sugar Sauce
Coffee (adults)

Balanced Menus for Three Days in Spring

1

Breakfast

Stewed Rhubarb
Poached Eggs on Buttered Toast
Coffee (adults) Cereal Coffee (children)

Luncheon or Supper

Cream of Spinach Soup Crackers
Quick Strawberry Shortcake Tea (adults)

Dinner

Lamb Curry
Boiled Rice Buttered New Carrots
Bread and Butter
Lettuce Dressed at the Table
Spring Fruit Cup Sponge Cake
Coffee (adults)

2

Breakfast

Strawberries
Eggs Shirred with Cheese Rolls and Butter
Coffee (adults) Cereal Coffee (children)

Luncheon or Supper

Escalloped Canned Salmon
Bread and Butter Beet and Cress Salad French Dressing
Sliced Fresh Pineapple Tea (adults)

Dinner

Maryland Chicken with Cream Gravy
Asparagus on Toast Boiled New Potatoes
Bread and Butter
Snow Pudding
Coffee (adults)

Balanced Menus for Three Days in Summer

1

Breakfast

Berries
Puffed Rice Top Milk
French Toast
Coffee (adults) Cocoa (children)

Luncheon or Supper

Fried Tomatoes with Cream Sauce on Toast Fruit Salad Ginger Cookies Iced Tea (adults)

Dinner

Broiled Ham Creamed New Potatoes
New Peas Bread and Butter
Lettuce and Cucumber Salad French Dressing
Water Melon or Cantaloupe or Berry Pie
Hot or Iced Coffee (adults)

2

Breakfast

Plums or Bartlett Pears
Soft Boiled Eggs Buttered Toast
Coffee (adults) Milk (children)

Luncheon or Supper

Lettuce Cheese and Pineapple Salad Bread and Butter Doughnuts Iced Chocolate

Dinner

Jellied Veal Loaf Potato Chips Corn-on-the-Cob Bread and Butter Spinach Salad Frozen Peaches and Cream Sugar Cookies Hot or Iced Coffee (adults)

THE WINDOW OVER THE SINK

Three hours a day—
Day in, day out,
Dishes to be washed.

Never-ceasing, endless repetition.

Water, soap and dish towel.

Wash and wipe and polish.

Above the sink

A window.

Beyond—may be the corn patch, yellow with grain.

The woods, brilliant with the frost's first touch.

The mountains

Blending with the autumn sky.

And close—

The children,—playing with horse chestnuts.

EVERYDAY RECIPES

What to prepare for "everyday" is more important than what to have for company. Every Home-Maker excels in a few special dishes. It's the ordinary three meals a day that are difficult. The following group of forty-two recipes includes something good in each department of cookery—that can be prepared quickly and economically.

All measurements are level.

Toasted Ham Sandwich

Mince the ham, allowing one-quarter cupful to a sandwich. Moisten with catchup, chili sauce or mayonnaise. Spread between slices of buttered white bread toast and serve very hot.

Broiled Finnan Haddie

Scald two pounds of finnan haddie. Let stand in hot water twenty minutes, drain, dry and brush with melted butter or a substitute. Broil until brown for about ten minutes, first on one side, then on the other. Dot with butter, and serve with or without sliced lemon, chili sauce, catchup sauce or cream sauce. This may be used for any of the three meals.

Catchup Sauce for Fish

3/4 cupful catchup

Juice of one lemon

1 tablespoonful horseradish

1 tablespoonful chopped pickle

4 cupful minced celery (optional) Combine the ingredients in the order given and serve.

Steamed Apple Dumplings

2 cupfuls flour

4 teaspoonfuls baking powder

3/4 teaspoonful salt

1 tablespoonful sugar

34 cupful milk

tablespoonfuls shortening (any kind)

1 quart boiling apple sauce well sweetened

Sift together the dry ingredients, rub in the shortening with the finger tips, keeping the mixture coarse. Moisten with the milk. Mix, turn onto a floured board, pat to one-half inch thickness, shape with a biscuit cutter and place on the boiling apple sauce which should be well seasoned and sweetened. Cover closely and boil twenty minutes. Serve plain or with whipped cream, hard sauce or lemon sauce.

Baked Potatoes with Cheese Stuffing

Select a good-sized potato for each person. Scrub and rub with any kind of fat. Bake until tender and mealy, in a moderately hot oven—350-375 degrees F. Slice a "cover" from the side of each potato. Scoop out the pulp, put it through a potato ricer and to six potatoes allow one teaspoonful of salt, one-eighth teaspoonful pepper, one tablespoonful butter, one-quarter cupful top milk and three-quarter cupful grated American cheese. Beat well, fill the potato shells with the mixture, heat them and brown in the broiler or in the oven.

Baked Indian Pudding

5 cupfuls milk
2/3 cupful cornmeal
1/4 cupful sugar

teaspoonful salt
cupful molasses
tablespoonfuls butter

1/2 teaspoonful ginger

Scald the milk, beat together the remaining ingredients, stir into the milk. Cook until thickened, transfer to a buttered dish and bake from two to three hours in a slow oven—325 degrees F. Add a little extra milk from time to time. A cupful of sliced tart apples or raisins may be added when put on to cook. Serve with cream or top milk.

Broiled Pork Chops

Trim off any excess fat, dust with salt and pepper and place the chops in a broiler, as in cooking steaks. Broil first on one side for a moment or two, then on the other, turning frequently, before they are allowed to brown. Allow fifteen minutes for the cookery. If a gas broiler is used and there is room, slices of apples, cored and cut one-third inch thick, may be broiled with the chops.

Oyster Stew

1 pint oysters 1 quart milk 1/3 teaspoonful celery salt
1/2 teaspoonful salt

2 tablespoonfuls butter

Carefully pick over the oysters, wash and place them in a sieve over a cupful of hot water, mixed with the oyster liquid. Bring this to boiling point and steam the oysters until the edges begin to curl. In the meantime, heat the milk with the butter. When scalded, combine with the oysters, season and serve with croutons or hot buttered toast.

Quick Apple Fritters

3/4 cupful flour

4 apples

1/3 teaspoonful salt

1 tablespoonful lemon juice

2 eggs

3 tablespoonfuls sugar

½ cupful water

1 teaspoonful melted shortening (any kind)

Sift together the flour and salt. Combine the eggs, which should be beaten, with the water and shortening and beat into the flour mixture. Core the apples, pare them, slice one-quarter inch thick, sprinkle with lemon juice and sugar and let stand a few moments. Dip in the batter and fry gently until brown on both sides, allowing about seven minutes. Use vegetable fat.

Baked Beans, New York Style

1 pint pea beans

1 onion, sliced

1/4 teaspoonful baking soda

2 tablespoonfuls molasses

1 tablespoonful sugar 1/4 teaspoonful pepper 1½ teaspoonfuls salt
¼ pound salt pork

Soak the beans overnight, drain, cover them with fresh boiling water, add the soda and boil until the skins slip off. Drain again, add the seasonings and trans-

fer the beans to a deep baking dish or casserole. Place the salt pork which should be scalded, near the top, the rind showing. Barely cover with boiling water or soup stock and cook, covered, for an hour and a half. Uncover and cook until the beans are tender and brown on top. If necessary, add more liquid.

Escalloped Tomatoes

1 quart canned tomatoes or stewed,

fresh tomatoes 1 teaspoonful salt

2 tablespoonfuls butter

2 teaspoonfuls sugar 1/8 teaspoonful pepper

2 tablespoonfuls bacon fat or ham drippings

1½ cupfuls coarse bread crumbs

Combine the seasonings with the tomatoes, add a few drops of onion juice, if desired. Melt the fat, stir in the crumbs and put alternate lavers of the tomato and bread in a baking dish. Finish with the bread. Bake thirty to thirty-five minutes in a moderate oven.

Quick Pie Crust

1½ cupfuls pastry flour

1/3 teaspoonful baking powder

3/4 teaspoonful salt

6 tablespoonfuls vegetable fat or

1/3 cupful boiling water

Sift together the dry ingredients. Rub in the fat with the finger tips or a knife, keeping the mixture flaky. Add the boiling water, roll thin and use at once.

Cherry Betty

3 cupfuls stoned fresh cherries

2 tablespoonfuls butter

4 cupfuls soft bread crumbs

1¼ cupfuls sugar

½ teaspoonful ground cinnamon

1/2 teaspoonful ground cloves

Butter a baking dish. Melt the butter and stir in the crumbs. Put a layer in the baking dish, then one of the cherries mixed with the sugar and spices. Continue in this way until all is used, making the last layer bread. Cover, place in a moderate oven-350 degrees F.-and bake forty minutes, then uncover to brown. Serve with hard sauce.

Prune Pudding

pint cooked prunes, well sweetened Few grains nutmeg

eggs 1/3 cupful sugar

1/8 teaspoonful salt 2 cupfuls milk

6 small slices buttered white bread

Drain the prunes and put in a buttered baking dish. Beat the eggs, add the sugar, nutmeg, salt and milk. Pour over the prunes and top with the bread. Bake until firm in a moderate oven-350 degrees F.-when the bread will be brown.

Crumb Omelet

slices bread

½ cupful warm milk or water

eggs

1 teaspoonful salt

1/8 teaspoonful pepper

tablespoonful butter

Crumb the bread and let stand in the liquid ten minutes. Separate the eggs, beat the yolks light with the seasonings, add to the crumb mixture, fold in the egg whites, beaten stiff. Melt the butter in a medium-sized frying pan, turn in the omelet and cook gently until browned. Set in the oven for a moment to firm the top—fold at right angles to the handle and turn out.

Tomato Omelet

Follow the recipe for Crumb Omelet, spreading over it before folding, a cupful of thick stewed tomatoes—pour extra tomatoes around it.

Cheese Omelet

Follow the recipe for Crumb Omelet, spreading over the top before putting it in the oven, three-fourths cupful of mild-flavored grated American cheese.

Mashed Sweet Potatoes

6 cupfuls riced sweet potatoes

1 teaspoonful salt

1/8 teaspoonful pepper

1 tablespoonful brown sugar

2 tablespoonfuls butter

Cream or top milk to moisten

Boil or steam the sweet potatoes, peel and put them through a potato ricer, or mash them. Add the seasonings, stir and add enough milk to make the mixture fluffy, but not wet. Beat hard, re-heat and serve in place of mashed white potatoes.

Browned Sweet Potatoes

Follow the recipe for mashed sweet potatoes, adding a half cupful of halved or chopped raisins. Pile in a buttered dish, dot with butter, sprinkle with sugar and brown in the oven.

Corn Fritters with Bacon

2 cupfuls grated fresh corn or one can corn

1 egg well beaten

½ teaspoonful salt

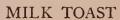
Few grains paprika
½ teaspoonful baking powder

Fine dry bread crumbs

Bacon

Combine the corn with the beaten egg and seasonings. If fresh corn is used, add one-fourth cupful milk, stir in the baking powder and enough crumbs—

about three-fourths cupful—to make a batter that will hold its shape when dropped from a spoon. Fry bacon, keep it warm, drop the fritters by spoonfuls into the hot bacon fat and fry first on one side then on the other until brown.



The meal for the tired person—Bread toasted and buttered and Hot Salted Milk in the pot to pour over. (Note how the bread is placed upright in the bowl).



Lamb Curry

2 pounds neck of lamb diced

1/4 cupful drippings

1 onion minced Juice of 1/2 a lemon

tablespoonfuls flour ½ teaspoonful salt Water or soup stock Boiled rice

1 teaspoonful curry powder

Melt the drippings and brown the lamb and onion in them. Add the seasonings and soup stock or water to cover. Simmer until tender or bake in a casserole two hours. Thicken the gravy with the flour and curry powder stirred smooth in one-fourth cupful cold water. Serve in a border of boiled rice.

Shirred Eggs

Butter ramekins, fire-proof saucers, or shirred egg dishes. Pour a tablespoonful of top milk in each. Break in the eggs, dust with salt and pepper and add a bit of butter and bake ten minutes in a moderate oven, 350 degrees F. or until the eggs are set.

Eggs Shirred with Cheese

Follow the preceding recipe; sprinkle the eggs thickly with grated American cheese.

Maryland Chicken with Cream Gravy

Clean and disjoint broiling or frying chicken as for fricassee, dust with salt and pepper, roll in flour and brown in a large frying pan with a minced onion in drippings or vegetable fat. When browned, add a cupful of water, cover and simmer until the chicken is tender. This may be done in the oven.

Remove the chicken, add a tablespoonful of flour to the drippings and a cupful of top milk, light cream or undiluted evaporated milk of good quality. Stir until it boils and season with salt and pepper. Arrange the pieces of chicken on buttered toast, pour the gravy around and serve with or without corn fritters, made by the recipe given in this book.

Frizzled Dried Beef on Toast

11/2 tablespoonfuls flour 1/4 pound dried beef Few grains pepper 1 tablespoonful butter or substitute 1½ cupfuls milk

Scald the beef, drain at once and cook until it begins to crisp in the fat, stir in the flour and pepper, add the milk gradually, boil three minutes, season and serve on hot buttered toast.

Spring Vegetable Salad

1/2 cupful sliced red radishes cupful asparagus tips

cupful diced cooked new potatoes 11/2 cupfuls minced water cress

1/2 cupful grated raw new carrots French dressing or mayonnaise

Lettuce or tender dandelion greens

Combine the vegetables with French Dressing to moisten chill twenty minutes, add mayonnaise to blend and serve with a garnish of the salad green.

Fried Tomatoes with Cream Sauce on Toast

Select tomatoes that are not quite ripe. Wash and slice thick. Dust with salt, pepper and sugar, roll in slightly beaten egg diluted with a tablespoonful of water to each egg, or in milk, then in fine, dry bread crumbs. Fry first on one side then on the other until browned. Transfer to hot buttered toast and pour white sauce or cream gravy around. Serve with or without a garnish of bacon or broiled ham.

Lettuce, Cheese and Pineapple Salad

This salad should be arranged individually; for each person allow a slice of pineapple. Pour over a little French dressing and let stand twenty minutes to chill. Place two or three lettuce leaves on each plate, put on a slice of pineapple, heap the center with grated American cheese. Place minced pimentoes around the edge and pour over a little additional dressing. Serve with toast sticks.

Scrambled Egg Sandwiches

Allow an egg to each person, beat well, season with one-half teaspoonful salt and one-eighth teaspoonful pepper to every four eggs, and add two tablespoonfuls milk. Melt one tablespoonful butter in the frying pan, turn in the egg mixture and scramble, or cook slowly. Scrape up the egg as fast as it becomes firm. Spread between slices of bread, cut thin, and serve hot or cold.

Egg and Bacon or Ham Sandwiches

Insert two slices of fried or broiled bacon, or a small slice of boiled or broiled ham, in each Scrambled Egg Sandwich.

Bread Pudding

2 cupfuls stale bread crumbs
1 teaspoonful any flavoring
2 eggs
3½ cupfuls scalded milk
½ teaspoonful salt
3¼ cupful sugar

1/2 cupful raisins, chopped figs or dates (optional)

Combine the bread and milk and soak thirty minutes. Beat together the eggs, salt, flavoring and sugar. Add to the pudding mixture with the fruit, if used. Transfer to a buttered dish and bake until firm, in a moderate oven—350 degrees F.—about an hour. Serve with plain or whipped cream, hard sauce or jelly sauce.

Cocoanut Bread Pudding

Follow the recipe for bread pudding, adding to the milk, one-half a cupful desiccated cocoanut.

Caramel Bread Pudding

Follow the recipe for bread pudding, only use one and one-quarter cupfuls sugar. Caramelize (melt) one-half cupful of the sugar, adding, when liquefied, one-quarter cupful boiling water. Cook until dissolved and add to the milk.

Bread Fruit Pudding

Follow the recipe for bread pudding, adding three-quarters of a cupful of raisins, currants, diced figs and soft prunes, mixed.



SOME BREAD PUDDINGS

Cocoanut Bread Pudding with Whipped Cream, Raisin Bread Pudding with Meringue, Cherry Betty with Hard Sauce.

Queen of Puddings

Follow the recipe for bread pudding, using three cupfuls of milk; reserve one egg white. When baked, spread with jelly, apple-butter or jam. Beat the egg white stiff with one tablespoonful powdered sugar; drop this by tablespoonfuls on the pudding. Brown in a quick oven.

Mock Indian Pudding

2 cupfuls crumbled bread (stale) 1/3 cupful sugar

3 cupfuls milk 1 egg

1/4 teaspoonful ground cinnamon 1/4 teaspoonful clove

½ teaspoonful ginger 2 tablespoonfuls melted butter

1/4 cupful molasses

Combine the bread and milk, let stand twenty minutes and scald. Add the other ingredients, beating the egg. Transfer to a buttered baking dish and bake one hour in a slow oven—325 to 350 degrees F. Serve with hard sauce.

Bread and Fruit Charlotte

Butter a medium-sized shallow baking dish. Butter and slice bread, put a layer in the dish, cover with shredded canned pineapple, fresh, chopped, sugared strawberries, crushed raspberries, or sliced and sugared peaches. Alternate layers of bread and fruit—the last layer buttered bread. Sprinkle thickly with sugar and bake thirty minutes in a moderate oven—350 degrees F. Serve warm with or without cream.

Quick Tomato Soup

quart canned tomatoes

1/2 teaspoonful onion salt
1/2 teaspoonful celery salt
1/3 teaspoonful pepper

teaspoonfuls sugar 2 cupfuls boiling water ½ teaspoonful salt 2 bouillon cubes or

2 teaspoonfuls vegetable extract

Combine the seasonings with the tomatoes and water and simmer fifteen minutes. Add the cubes or extract dissolved in a little boiling water and serve with or without straining, accompanied with plenty of croutons.

Cheese Fondue

11/2 cupfuls grated bread crumbs

11/2 cupfuls scalded milk

2 cupfuls grated American cheese

4 eggs

3/4 teaspoonful salt

1/4 teaspoonful paprika

Combine the milk and crumbs. Let stand fifteen minutes, then heat with the cheese. When the cheese has melted, add the salt and the paprika and the eggs beaten light. Stir over hot water until thick.

MAKING EVERYDAY MEALS INTO COMPANY MEALS

All meals, good enough for the family, may be made "good enough for company." In planning company meals, this should be kept in mind—a good home dinner being the basis, and little accessories lifting it into the "party" class.

Any Home-Maker should be able to prepare the following dinner:

Roast Beef Gravy Potatoes Roasted with the Meat Bread and Butter Spinach or String Beans Jellied Fruits Coffee

To make this into a company dinner, start with a quick soup and croutons as a first course (recipes, pages 57 and 67). Serve meat and vegetables as a second course and pass pickles or olives. For a third course serve, for instance, a tomato, green pepper and lettuce salad with French dressing and pass toasted crackers and cream, roquefort or gruyere cheese. Serve the jellied fruits in tall glasses with whipped cream as a garnish, and pass cake or cookies. Serve the coffee and candies as a separate course in the living room.

The same principles may be applied to a company luncheon. You might be having cream of pea soup, bread and butter and fruit salad. To dress it up for company, add eggs shirred with tomatoes and cheese and for dessert a Charlotte Russe made with sponge cake, and coffee.

"Company" meals should be simple, plain, good cooking;—the dishes attractively garnished, the service easy, the linen spotlessly clean, the flower decorations lovely, but *not* overdone, the silver bright, the glasses and china shining.

How to Set the Table

Whether for home or company service, the general principles of table-setting are the same.

Choosing the Linen

Simple linen is used for the most attractively set tables. Sets of doilies consisting of plate and tumbler doilies with a large centerpiece are used for breakfast, luncheon or informal suppers. Runners, which extend to the edge of the table, but do not hang

over, are used for breakfast, luncheon or supper.

When more than four people are at the table, two cross runners are used. If the dining table is of the long refectory type, long narrow runners which hang over the edges are sometimes used. At informal dinners the same type of linen may be chosen. It is, however, more customary to use a full-sized linen cloth for a dinner. For informal home dinners squares of linen or art linen cloths a yard and a half square are often used, or linen covers may be made to come to the edge of the table, but not to hang over. The napkins, whenever possible, should match the linen.

To save laundry bills—or work—doilies or runners are very frequently used for ordinary home meals, large tablecloths

appearing only at Christmas or on other festive days.

When a linen cloth is used, a smooth underlay should be first put over the table; with doilies, asbestos mats may be placed underneath to protect the table from the hot plates, and asbestos mats should be provided for the platters. These may be covered with embroidered slips or by doilies a little larger than the mats.

Decorated oilcloth runners or doily sets may be used for breakfast, for luncheon when the meal is very informal or for porch service during the summer. These should be carefully wiped after each meal with a little cold water and allowed to dry flat.

Otherwise the edges will curl.

The Silver, China and Glass

It is possible to buy excellent plated silver at small cost and if those giving holiday and anniversary presents would keep this in mind, it would not take long for any home-maker to acquire a really beautiful service.

The essentials are medium-sized knives and forks, teaspoons, tablespoons, bread and butter spreaders and serving spoons. A medium-sized carving set is also a necessity. To these should be added dinner knives and forks, bouillon spoons, salad forks, fruit spoons and oyster forks, as well as the little accessories like sugar tongs, a sugar spoon, a butter pick for the service of butter balls, a salad fork and spoon, a cold meat fork, a berry spoon, etc. The pattern should be simple so the silver will be easy to clean.

As far as possible, the glassware should match, for much more attractive tables can be set when the sauce dishes, tumblers or goblets, glass salad plates, the berry bowl, etc., are of the same design. Very inexpensive glassware can be purchased in colonial pattern or an etched pattern and for a little more money one may

buy iridescent or amber glass.

The china should be of plain design, preferably with a border and, when possible, should harmonize with the dining room decorations. China is largely a background for the meal and the design should never predominate.

The salt and pepper shakers may be of glass or silver and little

glass relish dishes should also be provided.

Setting the Table

"Cover" is the name given to the place each person occupies at the table. Setting a table accurately is part of the harmony

that should center around every meal.

Put a dinner or service plate on for each person, in the center of the space allowed to them. Arrange the forks needed for the meal in their order of use from left to right, at the left-hand side of the plate. Put the spoons and knives in their order of use, from right to left, at the right-hand side of the plate, placing them within a half inch of the edge of the table. Put the water glass or goblet at the tip of the knife, the bread and butter plate at the tip of the fork, with the bread and butter spreader placed across the lower edge horizontally. Put the napkin at the left; if a large dinner napkin, fold it over into oblong shape; if a small square tea napkin, fold it cornerwise, placing the long edge parallel with the forks. Allow a set of salts and peppers for each two persons, or for more formal service allow a set apiece, using individual size.

When the meal is announced, whether for home or company service, the water glasses should be filled, the ball or cube of butter should be on each bread and butter plate with the bread or crackers needed for the first course.

Home Service Without a Maid

The table should be set as described. If the first course consists of fruit, soup, or something that may be put directly upon a plate when the meal is announced, the "cover" plates remain in position. If fruit is being served smaller plates should be used.

If the meal commences with the main course, as dinner, which may start with meat and vegetables, the plates should be piled in front of the person who is to carve and when the serving has been done, should be passed informally; the first person receiving a plate putting it down in front of him, not allowing the plates to go around and around the table.

The carving set and service spoons for the vegetables should be at the right. If many are present someone sitting at the left

of the host should serve the vegetables and gravy.

Beside the hostess, on a small table or tea cart, should be a pitcher of water, extra bread and butter, the relishes, catchup and Worcestershire for the meal and in many cases the bowl of salad, the salad fork and spoon, the oil and vinegar cruets and the dessert dishes. When this is done it will not be necessary for her to leave the table often. When the children are old enough, they can be trusted to clear away the different courses. A good plan is to let one child act as waitress, the other piling up the dishes in the kitchen between courses.

Before dessert, food and all extras should be removed from the table, salts and peppers, unused silver, etc., and the table crumbed with a clean napkin. The dessert should then be served and the coffee poured.

Serving With a Maid

The table should be set as described, the "cover" or service

plate used through the first course.

Soup is always served from the pantry, the meat carved by the host, the waitress standing at his left takes the plates. When the meat has been apportioned, she then passes the vegetables either in a double compartment vegetable dish or separately. When-

ever passing any food, a folded napkin should be between her hand and the dish. The dish should be held at a height convenient for the guests to help themselves. For small articles, as cream and sugar, a little tray may be used, but a doily should be

placed on it, so that the dishes can not slide around.

Serve to the left. When foods are to be passed, as a plate with meat or salad, it may be either from the left or right according to the convenience of the guest. If two guests are sitting side by side and are talking, leaning toward each other, it would be necessary to place a salad at the left of one and the right of the

other to avoid interruption.

The waitress should replenish the butter and water without being reminded. A good waitress need not be told anything by the hostess during the service of a meal. She should watch, and when guests have finished any course, should clear the table and serve the next. A side or serving table, on which can be put extra water, butter, relishes and food for succeeding courses, will save many trips to the kitchen or pantry.

Finger bowls half full of slightly warm water are served directly after the fruit course at breakfast. When used at a luncheon or dinner, they are placed in front of the guests after dessert and

coffee.

UNUSUAL DISHES

Here are some dishes that are "different." The tomato and cheese canapes, for instance, to serve as the first course at dinner or luncheon; the grape and lettuce salad, which may also replace dessert; or the poached eggs Benedict, served for breakfast or luncheon in the best hotels.

To make foods of this kind, one does nothing more than use simple recipes, dressed up. They are not necessarily elaborate. Many are plain, as the Browned Veal Stew in this section; but they are different enough to make the cooking more interesting—and to give the variety that every menu needs.

All measurements are level.

Tomato and Cheese Canapes

Slice bread in good-sized rounds, allowing one for each person. Brown these in butter, spread lightly with cream cheese beaten smooth and season to taste with a little onion juice, paprika and salt. It may be necessary to add a little

cream. Top with a slice of tomato, season with French dressing and sprinkle thickly with chopped stuffed olives.

Hot Oyster Canapes

6 slices or rounds of buttered toast

1/3 cupful butter

pint small oysters

3/4 cupful finely minced celery

Paprika

Melt the butter, add the celery and cook five minutes. Stir in the oysters which should be well washed, and cook until the edges ruffle. Season with salt and paprika, transfer to the toast and serve.

Note:—This may be used as the main course at a late evening supper as well

as the more formal canape of a dinner.

Grape and Lettuce Salad

French dressing made with lemon juice

medium-sized head of firm lettuce 11/2 cupfuls washed, halved and seeded Malaga or Tokay grapes

1/2 cupful broken pecan, almond or walnut meats

Whipped cream mayonnaise (optional)

Wash and dry the lettuce. Arrange it in nests on individual salad plates, tuck in the grapes, pour over the French dressing and garnish with the nut meats. If mayonnaise is used, combine the grapes with a few shredded lettuce leaves mixed with mayonnaise to blend and put into each nest of leaves, then strew the nut meats over.

Cream Cheese Salad Dressing

cream cheese Paprika

3/4 cupful French dressing ½ teaspoonful onion juice

Stir the cheese until soft, with a fork. Gradually beat in the dressing and onion juice. Serve with any green salad, tomato, cucumber, spinach or dandelion salad.

Note—In making this to use with fruit salad, omit the onion juice.

Christmas Hard Sauce

½ cupful butter

1½ cupfuls powdered sugar

2 tablespoonfuls juice from canned ½ cupful stoned and shredded red cherries

canned red cherries

Stir the butter until creamy and gradually beat in the sugar and fruit juice, then the fruit. Chill before serving.

Note—Canned strawberries, apricots or peaches may be substituted for the cherries.

Quick Rolls

1/2 tablespoonful sugar

cupfuls bread flour

½ teaspoonful salt

teaspoonfuls baking powder

3 tablespoonfuls shortening (any kind) 1 34 cupful milk Sift together the dry ingredients and work in the shortening with the finger tips, keeping coarse. Beat the egg light, add the milk and stir into the mixture. Then turn onto a floured board and roll to one-third inch thickness. Shape with a biscuit cutter, crease each round partly through with a case knife, brush with melted butter or margarine, fold over and bake in a quick oven—375 degrees F.—about twenty minutes.

Poached Eggs Benedict

6 eggs
6 squares or large rounds of buttered toast

6 rounds of cooked ham Mock Hollandaise sauce Pimentoes

Broil or fry the ham and place it on the toast. In the meantime, poach the eggs, drain them and place on the ham. Cover with the Hollandaise sauce and top with a bit of parsley or a few shreds of pimento. Use for a company breakfast, luncheon or evening supper.

Club Sandwich

For each person allow three slices of hot buttered toast. Spread the bottom slice with mayonnaise. On this lay sliced chicken or turkey, then a well-dried lettuce leaf and more mayonnaise. Put on the second slice of toast and spread with mayonnaise. On this lay a thin slice of ham, then one of sliced tomato and mayonnaise and top with the third slice of toast. Cut in triangles and serve very hot.

Vegetarian Club Sandwich

Follow the directions given in the preceding recipe, substituting sliced cooked egg for the chicken and a layer of coarsely chopped nut meats for the ham. Use plenty of mayonnaise or Russian dressing.

Jelly Roll

1 cupful flour Few grains salt 1 cupful sugar 11/2 teaspoonfuls baking powder

3 eggs

1/2 teaspoonful desired flavoring

½ cupful milk or water

Sift together the dry ingredients. Beat the eggs until very light, add the sugar, beat until very creamy and then add the milk and flavoring. Into this beat the flour mixture. Spread in a large oiled dripping pan and bake fifteen to twenty minutes in a quick oven—375 degrees F. Turn onto a paper covered with powdered sugar, spread with tart jelly or jam and roll up in the paper. Let stand until cold before unwrapping.

Tree Cake

Prepare a jelly roll as described in the preceding recipe. Cover with chocolate frosting, creasing it with the tines of a fork to represent the bark of a tree. Decorate with candied cherries and leaves and stems cut from preserved citron to represent a spray from the tree.

Plain Quick Soup

3 tablespoonfuls minced onion

3 tablespoonfuls minced carrot

3 tablespoonfuls minced celery or ½ teaspoonful celery salt

2 tablespoonfuls butter

1 quart boiling water

4 bouillon cubes or 4 teaspoonfuls vegetable soup extract

Melt the butter, add the vegetables and cook gently ten minutes. Add the water, boil fifteen minutes, stir in the cubes or extract dissolved in a very little warm water and serve at once.

Vegetable Chowder

2 tablespoonfuls butter

cupful sliced potatoes
4 cupful minced onions

l pint water

1/8 teaspoonful pepper

1/4 cupful minced carrots

1 cupful fresh or canned corn

2 tablespoonfuls flour

½ teaspoonful salt

1 quart milk

Small squares of buttered toast

Melt the butter, add the carrots and onions and simmer five minutes. Add the water, potatoes and corn and cook fifteen minutes. In the meantime scald the milk, combine the mixtures, cook until the vegetables are tender and thicken with the flour rubbed smooth in one-quarter cupful milk, extra. Serve in soup plates with a garnish of the buttered toast.

Casserole of Beef, Lamb or Veal

3 pounds, inexpensive cut beef, lamb

or veal diced coarse

1/4 cupful any kind meat drippings

1½ teaspoonfuls salt
Bit of bay leaf (optional)

3/4 cupful minced onion

1/3 cupful sliced carrots

1 pint tomatoes

1 teaspoonful sugar

1/4 teaspoonful pepper

34 cupful washed rice

Dice the meat, melt the drippings, add the meat rolled in flour and brown. Remove and fry the onions in the drippings. Combine the tomatoes, seasonings, rice and carrots and put a layer in the bottom of a casserole or bean pot, then one of meat and continue in this way until all is used. Barely cover with boiling water, put on the lid and bake from two and one-half to three hours in a slow oven, or until the meat is so tender it can be cut with a fork. When done the casserole should be moist but not soupy. Serve in the casserole itself or on a platter in a border of mashed potatoes.

Browned Veal Stew

21/2 pounds diced veal, inexpensive cut

2 teaspoonfuls sugar

2 tablespoonfuls butter or meatdrippings

2 tablespoonfuls flour

1/4 cupful minced onion

1 cupful top milk

l teaspoonful salt
¼ teaspoonful pepper

Buttered cooked noodles

Brown the sugar in a frying pan, add the meat drippings and onion and stir in the veal which has been rolled in flour. Cook until brown, add the seasonings and water, transfer to a casserole and cook, covered, until tender—about two

hours. Thicken with the flour rubbed smooth in a little of the top milk, add the remaining milk and serve surrounded with the noodles or omit the noodles and serve the stew on buttered toast with a garnish of buttered, cooked carrots or baked, stuffed tomatoes.

Buttered Noodles

Boil noodles in salted water to cover—ten minutes. Drain and put them in a double boiler with salted milk to barely cover. Cover and steam fifteen minutes. Season with plenty of butter, salt and pepper and serve plain or as a garnish to meat or fish. Buttered browned crumbs seasoned with a little minced parsley may be sprinkled over, if desired.

Savory Bread Dumplings

1/2 loaf bread
1 small onion (chopped fine)
4 tablespoonfuls butter

1/8 teaspoonful pepper
1/2 teaspoonful salt
1/8 teaspoonful nutmeg

2 eggs

If desired, left-over bread may be used in place of the half loaf—about two and one-half cupfuls being enough. Soak the bread in warm water to cover, then press out all the water. Gently cook the onion in the butter, add the bread and continue cooking until the mixture is somewhat dry. Put in the seasonings and the eggs, well beaten and form into balls, using one tablespoonful of the mixture for each. Drop into a pan of boiling water and boil gently until the dumplings come to the top—from twenty-five to thirty minutes. Drain and serve garnished with crumbs of bread fried brown in butter, sprinkled over the top. If any are left over, they may be sliced, fried and served at a subsequent meal.

Baked Winter Squash

Break a winter squash in halves, then in pieces suitable for serving. Scrape out the strings and seeds and pare off the shell. Dust the squash with salt, pepper and brown sugar. Place in a baking pan with a little hot water to keep from sticking, dot each piece with butter and bake until tender and mealy—about forty-five minutes.

Baked Onions

Allow two small or one large onion cut in halves for each person. Peel them and place in a casserole. Dust with salt and pepper and barely cover with equal parts of milk and water. Dot with butter. Put on the lid and bake until done—from fifty to sixty minutes. Stir two tablespoonfuls of flour smooth in one-quarter cupful milk and add to the boiling mixture just before it is done. Serve from the casserole if desired.

Baked Turnips or Carrots

New turnips or young carrots scraped and cut in halves may be substituted for the onions.

Apple Tapioca

½ cupful quick cooking tapioca 1 cupful sugar

½ teaspoonful salt

1 tablespoonful lemon juice

3 cupfuls boiling water

1/4 teaspoonful nutmeg

1 tablespoonful butter

5 large tart apples

Pare and quarter the apples. Stir the tapioca into the boiling water, add the sugar and salt and cook until half clear—about fifteen minutes. Add the apples, cook fifteen minutes longer, stir in the lemon juice, butter and nutmeg, and either steam until the apples are tender or else transfer to a buttered baking dish and bake thirty minutes. Serve with plain or whipped cream.

Meat Loaf

2 pounds round steak or

1 pound each veal and pork, ground

1/2 cupful soft bread crumbs

1/2 cupful hot milk

1 teaspoonful onion juice

1 egg

1 teaspoonful salt

1/3 teaspoonful pepper Grated lemon rind Fine dry bread cru

Fine, dry bread crumbs

Combine the soft crumbs with the milk and cook until thick. Add to the meat with the egg and seasonings, mix and form into an oblong loaf, then roll it in the fine dry crumbs. If desired, a bread pan may be oiled, thickly dusted with the fine dry crumbs and the meat mixture packed into it. Bake in a hot oven—375 degrees F.—fifty minutes to an hour—an hour and a quarter for the veal and pork. When done, make a gravy from any remaining drippings in the pan, using water, soup stock or tomato juice for the liquid. Serve on a large platter with French or cottage fried potatoes on each end; and buttered carrots, sliced buttered new turnips, fried bananas or quick cabbage as the vegetable which may also be arranged on the platter.

Potatoes O'Brien Oven Cooked

1/4 cupful butter1 quart diced raw potatoes1/2 cupful vegetable cooking fat1/3 cupful minced green pepper

1 small onion, minced

Melt the butter and fat in a frying or shallow baking pan, add the onion and green pepper and cook until a little tender. Stir in the potatoes, season generously with salt and a little pepper and stir to coat them with the fat. Put in the oven and cook until brown, stirring occasionally, so they will be brown on all sides.

Savory Lettuce Salad

1 good-sized head of lettuce, well washed

1/3 cupful salad oil

2 tablespoonfuls vinegar

½ teaspoonful salt ½ teaspoonful pepper 2 tablespoonfuls minced chives or sliced young onions

1 tablespoonful finely minced green pepper

2 tablespoonfuls sliced red radishes (optional)

Beat together the oil, vinegar, salt and pepper. Add the chives and green pepper (or substitute pimentoes) and stir well. Arrange the lettuce in individual nests, pour over the dressing and sprinkle on the radishes. Garnish further with sliced radishes if desired. Grated, raw cabbage may be substituted for the radishes.

Lemon Raisin Meringue Pie

cupful raisins

2 cupfuls boiling water

11/4 cupfuls sugar tablespoonful butter 1/3 cupful cornstarch Juice 2 lemons

Grated rind 1/2 lemon

1/3 teaspoonful salt

Boil the raisins in the water ten minutes. Add the sugar and butter and the cornstarch rubbed smooth in the lemon juice. Stir in the lemon rind and boil until thick-about ten minutes. Pour into the egg yolks slightly beaten, cool and transfer to a good-sized pie plate lined with pastry. Bake until the crust is brown-about twenty-five minutes. Then beat the egg whites stiff with three tablespoonfuls powdered sugar. Return to the oven which should be slow and bake until the meringue is brown.

Mocked Hollandaise Sauce

½ cupful butter

2 egg yolks ½ teaspoonful salt 1/4 teaspoonful paprika

2 tablespoonfuls lemon juice

1/2 cupful finely crumbled fresh bread

1/4 cupful boiling water

Cream the butter with a fork and gradually beat in the egg yolks. Stir in the seasonings and lemon juice, add the bread, pour in the water and cook in a double boiler until thick like a boiled custard, stirring occasionally.

Lemon Bread Custard

pint soft bread crumbs 1/2 tablespoonful butter

quart milk

3/4 cupful sugar

Juice and rind 11/2 lemons

Few grains salt Few grains nutmeg

Combine the crumbs, butter and milk, scald and add to the eggs beaten with the sugar, lemon, salt and nutmeg. Transfer to a buttered pudding dish or to individual ramekins or custard cups. Stand in a pan of hot water and bake until firm in the center-forty-five minutes for a large pudding dish-thirty minutes for custard cups. Serve hot or cold with jelly sauce.

Jelly Sauce

Combine one-half glassful of any kind of tart jelly with one-half cupful boiling water. Boil until the jelly is melted and thicken with one tablespoonful each of flour and butter creamed together.

Baked Apples with Cinnamon Stuffing

6 large tart apples, pared and cored

1½ cupfuls coarse bread crumbs

½ cupful sugar 3 tablespoonfuls butter

Melt the butter, stir in the bread and cook until slightly brown. Add the sugar and cinnamon. Put the apples in a baking dish and fill the centers with the bread mixture. In the meantime boil together one cupful sugar and one-half cupful water for five minutes. With this baste the apples as they are cooking. Serve cold or warm with or without plain or whipped cream.

THE HOMELY VEGETABLE

Why they call me "homely," I don't know.

For I am red, or orange, gold or green, according to my nature.

Sometimes I am brown with dirt,—

But when I am scrubbed clean I shine like a jewel.

Minerals I bring for blood—

And vitamines for growth,—

And bulk to cleanse and renovate.

Scrub me-

Then cook me right

And let me—homely as I am—

Contribute to your Beauty.

SIMPLE FLOWER ARRANGEMENTS

Apple-blossoms in a clear green vase; violets in a copper bowl; pussy-willows and daffodils in the brown jug; a branch of Japanese quince above the fire-place.

A touch of nature brings thoughts of sunshine, peace and joy.

That is what flowers mean to any room. Possibly they are growing in window boxes or pots. They may come from the woods and fields—or from the florist's. They have the power to make a plain room lovely, a bare corner live, a cold and formal room warm and hospitable.

Flowers on the hall table mean welcome—

In the bedroom, rest.

In the kitchen, they tell of beauty.

In the dining room, they quiet the nerves and make digestion better.

The vases should be simple. Plain, iridescent or quiet-toned glass; pottery in subdued colors; bowls with "frogs" or flower

holders to hold the stems; little vases to match these bowls for the arrangement of formal centerpieces for dinner tables. Single "bud-vases" can be bought for little money. Vases of copper, brass and silver will give brilliant highlights to any room.

All flowers are suitable for all rooms, but those of daintier type, like violets, are more attractive for use in bedrooms. The coarser, more brilliant blossoms as dahlias, golden rod, and laurel

are best in larger rooms.

Flowers should not be crowded. Each blossom is a perfect thing, and should be given an opportunity to be seen. They should not be jammed into the vases. Two or three kinds of flowers may often be arranged together—Queen Ann's lace and cardinal flowers or salvia; white and purple lilacs; daffodils and pink tulips; roses and carnations.

THE PARTY FEELING AT HOME

Nearly everyone feels that they must go out to have a party, or else invite somebody in. But the thing that makes a party is the party spirit—the spirit of joy, the ability to cast off worry and to make the most of whatever there is on hand.

The reason so few successful parties are given is that they usually mean trouble; but a party doesn't have to mean a lot of

work.

Every home should have its full quota of party days. Every birthday should mean something party-ish. Perhaps it is only the best tablecloth, the company dishes and the birthday cake or three or four friends in during the evening.

If it is father's birthday, have a round of bridge with his favor-

ite sandwich, hot coffee and cake at 11 o'clock.

If it is mother's birthday, she may have her best friend in to lunch. Not a company lunch, just a nice everyday one with a bunch of flowers and the prettiest dishes on the dining table.

If it is the birthday of the high school girl or boy, let them turn the house upside down, if they like. Have a candy pull or a fudge party, the kind where the boys and girls work together in pairs and make all kinds of fudge.

For the kindergarten child, a little supper at five o'clock on

the sewing table with cocoa in a little pot, animal shaped sand-

wiches and a birthday cake will give joy untold.

It is none too early at four, to begin to teach boys and girls how to be hosts and hostesses. These little parties, if wisely guided by mother, will do more to establish a true feeling of group fellowship and to show children how to play together unselfishly than anything else that the Home-Maker can do.

Don't forget that grandmother loves a party too. Have some friends in for tea and be sure to prepare the refreshments by her

own favorite recipes.

Then, there are the holidays. Everyone cannot have an expensive Washington's birthday party, but nearly everyone can have a sponge cake made into a Washington pie with cherry decorations on it and paper hatchets for everyone. There is Hallowe'en and Valentine's Day and St. Patrick's Day, and Arbor Day in April, a holiday for nearly every month. If it means too much trouble to you to celebrate all of them, just let the children plan these little home-parties. You will be surprised to see what cunning favors they will make and how really clever they will be at planning the menu and in helping to prepare the

It is not expense—but thought—that makes a party a success.

A Christmas Dinner Menu

Pimento Cheese Canapes or Oyster Canapes

Quick Tomato Bouillon with Croutons Celery Home-Made Pickles Cranberry Jelly Roast Turkey, Chicken or Goose Gravy Savory Stuffing Baked Winter Squash Mashed Potatoes Bread and Butter Grape and Lettuce Salad Cream Cheese Dressing Christmas Pudding Christmas Hard Sauce Cracked Nuts Fruit Coffee

To vary this menu, substitute mushroom canapes; halved grapefruit with cherries; or pineapple, canned cherry and orange fruit cup, for the first course. Substitute crown roast of pork or roast duck or broiled chicken for the turkey; onions for the winter squash, and pimentoes for the grapes in the lettuce salad. You may use mince pie, ice cream or meringues instead of the pudding.

A Thanksgiving Day Menu

Cream of Oyster Soup Pulled Bread
Celery Pickled Peaches
Roast Turkey or Duck Corn Dressing Gravy
Browned Sweet Potatoes Buttered Onions or Brussels Sprouts
Bread and Butter
Cole Slaw
Mince or Pumpkin Pie Cheese
Cracked Nuts Fruit
Coffee

To vary this menu—use fruit cup, halved grapefruit with cherries, oyster, shrimp or clam cocktail as the main course.

Follow this, if desired, by any fish soup, tomato bisque or any bouillon or consomme.

Substitute roast ham, pork or chicken pie for the roast turkey; use white instead of sweet potatoes, and spinach, string beans or carrots and peas for the onions. Use hearts of lettuce with Russian dressing instead of the cole slaw.

For dessert serve vanilla ice cream with pie or use steamed raisin or ginger pudding.

A Washington's Birthday Party

Celery Bouillon with Croutons (optional)
Club Sandwiches Tree Cake
Coffee

An Easter Breakfast

Grape Fruit
Poached Eggs Benedict on Toast
Waffles and Maple Syrup
Coffee

A Child's Birthday Supper

Cream of Celery Soup

Minced Chicken Sandwiches. Scrambled Egg Sandwiches

Birthday Cake Ice Cream Glacé

Lemonade

A Grown-up's Evening Birthday Supper

Chicken Bouillon Croutons
Creamed Lobster or Shrimps in Croustades
Stuffed Celery Olives
Strawberry Mousse Birthday Cake
Coffee

A Valentine Luncheon

Heart Shaped Pimento Canapes
Tomato Bisque Pulled Bread
Broiled Chicken Toast Sticks Grilled Sweet Potatoes
Pear Salad Cream Mayonnaise
Caramel Mousse (Individual Heart Moulds) Petits Fours
Coffee

To vary this menu, serve any fruit cup containing cherries, as the first course; hot or cold jellied bouillon, according to the season, instead of tomato bisque.

Broiled lamb chops with broiled mushrooms or cold sliced chicken loaf instead of the broiled chicken.

Strawberry, orange or maple Bavarian cream instead of the caramel mousse.

A Wedding Anniversary Dinner

Favors and table decorations to be appropriate to the particular anniversary.

Shrimp, Oyster or Lobster Cocktail
Chicken Bouillon Croutons
Celery Olives
Filet Mignon Potato Balls
Brussels Sprouts or Cauliflower
Bread and Butter
Ice Cream Meringues
Demi-Tasse

To vary this menu, serve any fruit cup, grapefruit heaped with halved and seeded Malaga grapes, or cheese and tomato canapes as the first course.

Use hot or chilled bouillon, according to the season.

Substitute roast or broiled chicken or chicken Maryland, roast pork or crown roast of lamb for the filet mignon.

If desirable to introduce a salad, use hearts of lettuce with Russian dressing. For dessert, substitute any Bavarian cream, Spanish cream or cream puffs filled with ice cream and serve with fudge sauce.

Refreshments for Afternoon or Evening Parties

1

Pineapple, Cheese and Nut Salad
Chicken Paste Sandwiches Bread and Pimento Rolled Sandwiches
Maple Mousse Petits Fours Coffee

2

Chicken Bouillon with Whipped Cream Orange, Nut and Cream Cheese Salad Olive Sandwiches Ice Cream Meringues Coffee Jellied Chicken Salad (Individual Moulds)
Pimento Sandwiches Celery Sandwiches
Cream Puffs with Fudge Sauce Coffee

THE POTATO

Brown-skinned—grubby with the soil,—a something to be scrubbed and pared and cooked and eaten without thought?

Oh-no-

Minerals for blood—vitamines for growth—starch for energy—bulk—

True food.

The mother paring sees—

The boy a Leader,—

The blossoming girl a future Home-Maker—And a Mother of Men.

SOME COMPANY RECIPES

One dish, a little out of the ordinary, will make a company meal distinctive, if the other foods are rightly selected. The "special" dish is the feature—the others the supporting cast. One hostess is famous for her beefsteak and waffle dinners, another for the wonderful fruit salad she serves instead of dessert.

In the following group of "company recipes," I have tried to include something for every occasion. It is not how many things you have that counts, but the perfect preparation of the foods you serve

All measurements are level.

Shrimps Au Gratin

1 can shrimps
Juice ½ lemon

4 tablespoonfuls butter
1 tablespoonful chili sauce

½ cupful bread crumbs

Drain the shrimps and rinse them with cold water. Place in very small individual baking dishes or ramekins. Pour over the chili sauce, and lemon juice. Melt the butter, add the crumbs and spread over the shrimps. Brown in a quick oven—375 degrees F.

Croutons

Cut white bread in one-third inch slices. Spread lightly with butter, cut in cubes and transfer to a well-buttered baking pan. Dust with a little salt and brown in a slow oven.

Pulled Bread

With a fork pull a loaf of fresh white bread into medium sized jagged pieces. Dust with a little salt and place in a very slow oven to dry out—it will take about an hour and a half. When done, the bread should be pale brown.

Plain Fruit Cocktail

½ cupful hot water

½ cupful granulated sugar

1 cupful orange sections Halved Malaga grapes or pitted

fresh cherries

cupful fresh or canned pineapple

cupful diced apples

½ cupful any kind of berries (optional) Juice 1/2 lemon

Dissolve the sugar in the hot water. Add to the fruits, combined in a glass jar. Cover and chill for several hours. Serve in small sherbet or cocktail glasses.

Melon Cocktail

1 cupful balls or cubes of canta-

1 cupful balls or cubes of casaba

melons (optional)

1/4 cupful sugar

1½ cupfuls balls or cubes of water-

Juice 1/2 lemon

1/4 cupful boiling water

Dissolve the sugar in the boiling water, add the lemon juice and combine with the melon. If desired, equal parts of watermelon and cantaloupe may be used or use equal parts of watermelon and diced canned or fresh pineapple. Chill several hours.

Pimento Cheese Crackers

Toast saltines or butterthins in the oven. When cool, place in the center of each, a little pat of pimento cheese, topping it with half a nut meat. Or stir into a Philadelphia cream cheese, one finely minced pimento with a little salt and pepper. This may be formed into rosettes by means of a pastry bag and tube.

Salted Nuts

Roasted Peanuts, Brazil Nuts, Almonds, Pecans or Walnuts

Blanch the nuts by placing them in cold water, bringing to boiling point and rubbing off the husks. (This is not necessary for pecans, walnuts or roasted peanuts.) Dry on a cloth over night. Place in a pan very thickly buttered, dust with salt and cook gently in a very slow oven until crisp—it will take about an hour. Stir frequently.

Asparagus Timbales

2 tablespoonfuls butter

1/4 cupful flour

1 teaspoonful salt

1/3 teaspoonful paprika

1 cupful milk

1/2 cupful bread crumbs

3 eggs, beaten

1½ cupfuls cooked, fresh or canned asparagus

Melt the butter, add the flour and seasonings and gradually the milk to make a sauce. Stir in the asparagus, bread and eggs and transfer to buttered small custard cups or timbale moulds. Stand in a pan of hot water and bake until firm, like a custard—about thirty-five minutes. Unmould for individual service on round slices of toast, over which plain, white or cream sauce has been poured. Garnish further, if desired, with coarse bread crumbs fried brown in butter.

Creamed Fish Ramekins

2 cupfuls flaked, cooked or canned salmon, tuna fish, white fish,

halibut or haddock

½ tablespoonful lemon juice

11/2 cupfuls white sauce

1/2 tablespoonful minced parsley

minced pimento

½ cupful fine dry bread crumbs

1 tablespoonful butter

Combine the fish and seasonings with the white sauce. Butter ramekins or individual baking dishes, put in the fish mixture, cover with the crumbs mixed with the butter which should be melted and bake until brown in a hot oven about twenty-five minutes. These may be made ahead of time and heated when needed.

Egg Moulds

5 eggs ½ teaspoonful salt Few grains white pepper

11/3 cupfuls milk

1 tablespoonful melted butter

Beat the eggs with the seasonings, add the butter and milk and transfer to buttered custard cups or timbale moulds. Stand in a pan of hot water, bake until firm in the center in a moderate oven—350 degrees F.—unmould on slices of toast and serve with tomato sauce, white sauce, creamed asparagus or savory green pepper sauce. Garnish with coarse crumbs of bread fried in butter.

White Sauce

2 tablespoonfuls butter 2 tablespoonfuls flour

½ teaspoonful salt
½ teaspoonful pepper

11/2 cupfuls milk

Melt the butter, add the flour and seasonings and gradually the milk, stirring the sauce until smooth. Let boil three minutes.

Note.—Margarine may be substituted for the butter.

Savory Green Pepper Sauce

Chop a green pepper, add it to the butter and cook gently five minutes. Then follow the recipe for white sauce.

Veal Escallops

Order veal cutlet cut thin. Shape it as nearly as possible into rounds. Use a pound of the cutlet for six people. Sprinkle these "escallops" with a little salad oil, a few drops of onion juice or shreds of garlic and a little salt and pepper and let stand thirty minutes. Drain and broil or fry very quickly. Serve with creamed potatoes, creamed noodles, or plain brown or mushroom sauce.

Christmas Turkey Stuffing

1 medium sized loaf of bread or 1 quart bread crumbs or odd pieces of bread

1/4 cupful butter

1 onion, minced

1 apple, minced

2 teaspoonfuls poultry seasoning

1½ teaspoonfuls salt
½ teaspoonful pepper

1 cupful blanched diced chestnuts

Walnuts or halved oysters (optional)

Let the bread stand ten minutes in hot water to moisten. Squeeze out the water as far as possible. Add the remaining ingredients and use.

Christmas Canapes

Slice white bread one-quarter of an inch thick. Trim off the crusts, saving them for meat stuffing or pudding. Butter the bread and toast it in a slow oven until brown. Spread with a paste made by creaming together equal parts of minced pimentoes, sardines and cream cheese. Decorate the edges with bits of parsley and place a stuffed olive in the center of each.

Stuffed Celery

Carefully wash very crisp celery. Dry and stuff the tender stalks. The tougher outside stalks may be used for creaming, salad, or a soup. The stuffing may be put in by means of a pastry bag and tube.

Stuffings

1—Combine equal parts of cream and Roquefort cheese.

2—Combine a cream cheese with a finely-minced pimento, two tablespoonfuls finely-chopped walnuts and one tablespoonful minced stuffed olives.

Chopped Anchovy or Caviar with Toast

Prepare hot buttered toast, using white bread. In the center of each piece, heap a little pile of chopped anchovy or caviar. Surround this with a ring of egg white chopped fine, then with one of egg yolk put through a potato ricer. If desired, a very little onion juice may be mixed with the egg white.

Cheese Toasted on Bread

Select a highly flavored dairy cheese, not too hard. Toast slices of bread on one side. Butter the untoasted side. On this lay the cheese, which should be sliced thin. Place in the oven or under the broiler of a gas stove and "toast" until the cheese is melted. Dust with paprika and serve at once.

Cabbage and Pepper Hors D'Oeuvres

11/2 cupfuls finely chopped crisp cabbage

minced pimentoes

Paprika

11/2 cupfuls finely chopped tender celery

scalded minced green pepper

tablespoonfuls minced chives French dressing to moisten

Buttered toast

Combine the vegetables with the French dressing to moisten. Serve heaped on small squares of buttered toast. Garnish each serving with a sprig of parsley or a few strips of pimento.

Tomato Cheese Canape

Butter squares of toasted bread. On each place a thin slice of tomato, then a thin slice of highly flavored American cheese. Dust with paprika and heat until the cheese melts.

Chopped Herring Hors D'Oeuvres

Finely chop sufficient pickled herring to make one and one-half cupfuls. Heap on rounds of buttered toast and serve garnished with parsley and triangles of sliced lemon.

Grilled Sardines on Toast

Select large sardines. Heat them gently in a little butter and serve on slices of buttered toast with a garnish of sliced lemon and parsley.

Peach Mousse

11/3 cupfuls ripe peaches put through 3/4 cupful powdered sugar a coarse sieve or colander

Few grains of salt

11/2 teaspoonfuls gelatine pint heavy cream

Add two tablespoonfuls cold water to the gelatine. Let stand five minutes, then melt it over the tea kettle. Combine the peaches, sugar and salt, add the gelatine, fold in the cream, whipped stiff, and transfer to a mould or pail rinsed with cold water. Cover tightly and bury for four hours in equal parts of crushed

ice and rock salt. If desired, this may be done in the ice cream freezer.

Steamed Fig Pudding

1½ cupfuls flour

2 teaspoonfuls baking powder

1/2 cupful ground stale bread crumbs

1/2 teaspoonful salt

3/4 cupful chopped suet

1 cupful molasses

Grated rind of 1 lemon

1 cupful chopped dried figs

1 egg

1 cupful milk

Combine the dry ingredients and rub in the suet, figs and lemon rind. Add the molasses and milk, beat well, transfer to an oiled mould, cover and steam two and a half hours.

Spanish Cream

1 quart milk 2 tablespoonfuls gelatine

3 eggs

²/₃ cupful sugar Few grains salt teaspoonful vanilla

Add the gelatine to the milk and let stand thirty minutes, then scald. Separate the eggs. Beat the yolks with the sugar and salt, add to the milk mixture and cook over hot water until thick, like custard. Beat the egg whites stiff, pour the hot custard into them, flavor and pour into a large mould rinsed with cold water or into individual serving glasses. Serve plain, with whipped cream, plain cream or with a garnish of maraschino cherries or any kind of preserved fruit.

Cocoanut Cream Pie

1½ cupfuls milk

2/3 cupful sugar

1/3 cupful flour

1/4 teaspoonful salt

teaspoonfuls butter

34 cupful desiccated cocoanut

½ teaspoonful vanilla

A pie crust shell

Prepare the pie crust shell. In the meantime, scald the milk, stir in the sugar, flour and salt, mixed, and add the butter. When thickened, stir in the egg yolks slightly beaten, and add the cocoanut, reserving two tablespoonfuls. Cook three minutes, flavor, cool and pour into the pastry shell. Beat the egg whites until stiff with two tablespoonfuls powdered sugar, pile on the pie, dust with the remaining cocoanut and brown in a moderate oven.

Plain Mayonnaise

½ teaspoonful paprika

3/4 teaspoonful powdered sugar

11/2 tablespoonfuls mild vinegar or lemon juice and vinegar mixed

½ teaspoonful salt

1 pint salad oil

Break the egg into a deep bowl, stir in the dry ingredients and the acid, beat a moment, then gradually pour in the oil, beating all the time with a rotary egg beater until the mayonnaise is stiff. Add one tablespoonful boiling water.

Mayonnaise for Fruit Salads

Follow the preceding recipe, diluting the dressing just before serving time with one-third the amount of whipped sweet or slightly soured cream.

French Dressing

3/4 cupful salad oil

teaspoonful salt ½ teaspoonful paprika

1/4 cupful vinegar

Few grains pepper

Combine the ingredients in a glass jar and shake until well mixed before using.

French Dressing for Fruit Salads

Follow the preceding recipe, substituting lemon juice for the vinegar.

Fruit and Nut Salad

3/4 cupful diced pineapple

. 3/4 cupful broken nut meats (any

3/4 cupful diced tart apples

kind)

3/4 cupful halved and seeded Malaga or Tokay

Mayonnaise and lettuce

grapes

Add the juice of half a lemon to the fruits, stir in the mayonnaise to blend and one-half cupful of the nuts. Arrange for individual service in nets of lettuce. Top with a spoonful of mayonnaise and garnish with the remaining nut meats.

Summer Fruit Salad

1½ cupfuls stoned cherries

stoned cherries 1 Cream check

1 cupful diced pears

French dressing for fruit salads

cupful sliced ripe peaches

Lettuce

Combine the fruits with the French dressing to moisten. Garnish with lettuce and the cream cheese which should be rubbed through a coarse sieve or made into balls.

Jellied Halibut or Whitefish Salad

2 tablespoonfuls granulated gelatine 3 cupfuls minced cooked halibut or

minced boiled halibut or white-

cupful boiling water
tall teaspoonful salt

1 cupful mayonnaise

Few grains paprika

2 tablespoonfuls shredded pimento

2 tablespoonfuls lemon juice

Let the gelatine stand five minutes in cold water to cover. Dissolve in the boiling water, adding the seasonings, lemon and fish. Let stand until thoroughly cold, fold in the mayonnaise and transfer to a mould rubbed with salad oil or to individual moulds. Let stand until stiff. Unmould for serving, garnish with lettuce, parsley or cress, sliced tomatoes or cucumbers and serve with extra mayonnaise.

Stuffed Tomato Salad

Allow a medium sized tomato for each person. Scald with boiling water, dip into cold water, rub off the skins and hollow out the tomatoes. Pour over a little French dressing and fill with any of the following mixtures:

1—Equal parts chicken or veal with finely chopped celery, cucumber, cabbage,

a little pimento and mayonnaise to blend.

2—Chopped hard-cooked eggs, nut meats and chives.

3—Flaked salmon, tuna fish or left over fish with a little chopped cucumber,

chow-chow and mayonnaise to blend.

4—Equal parts of minced celery, apple and nut meats with mayonnaise to blend.

Serve garnished with lettuce and extra mayonnaise.

Chocolate Caramel Cake

1/2 cupful butter or a substitute

21/2 ounces chocolate, melted

1 cupful brown sugar

1½ cupfuls pastry flour

2 eggs

2½ teaspoonfuls baking powder

½ teaspoonful vanilla

1/4 teaspoonful salt

½ cupful milk

Beat the butter till creamy, add the sugar gradually, the chocolate, and the egg yolks well beaten. Flavor and add the milk alternately with the flour sifted with the baking powder and salt. Fold in the egg whites beaten stiff, transfer to two oiled layer-cake pans and bake thirty minutes in a moderate oven -350 degrees F. Put together and ice with caramel frosting.

Caramel Frosting

3/4 cupful brown sugar

1/3 cupful water

3/4 cupful granulated sugar

½ teaspoonful vanilla

1 egg white

Combine the sugars and water and boil rapidly until the syrup threads. Beat the egg white stiff and pour the boiling syrup into it, beating constantly, then set over hot water and cook until the mixture becomes dry around the edges. Flavor, beat until thick and pour on the cake. Sprinkle, if desired, with a few nut meats as a garnish.

Tongue, Pepper and Celery Salad

1½ cupfuls diced celery

cupfuls diced cooked tongue 1 tablespoonful horseradish scalded green pepper, minced ½ cupful French dressing

Mayonnaise and lettuce

Combine the tongue, celery, green pepper and horseradish with the French dressing. Let chill thirty minutes, add the mayonnaise to blend and arrange on a platter or in a bowl with a garnish of lettuce, extra mayonnaise and radish rosettes, olives or strips of pimento.

Lemon Garnishes

Lemon may be used to garnish any fish dish, meat dishes and many egg dishes. They may be sliced, cut in quarters or lengthwise. Cogs may be cut in the slices to represent cog wheels. The slices may be sprinkled with finely minced parsley and minced pimentoes or may be garnished with sliced radishes or a little border of minced parsley.

Lemons may be formed into baskets with handles, by hollowing out the extra pulp and are used to hold mayonnaise, sauce tartare, chow-chow, etc.

Vegetable Garnishes

Carrots cooked or used raw and minced very fine may be used to border many savory dishes.

If used raw, they should be mixed with French dressing.

If cooked, they may be seasoned with melted butter. Cooked carrots and beets may be cut into fancy vegetable shapes and used as a garnish for vegetable moulds, jellied savory salads and meat loaves.

Green peppers and pimentoes may be cut into strips or fancy shapes and used. Capers, stuffed ripe and green olives, are all suitable for the garnishing of salads, savory meat loaves and fish dishes.

Sliced cucumbers and tomatoes may be used for garnishing all fish dishes, broiled steak, etc.

Ofttimes, vegetables themselves may be cooked to act as a garnish, as creamed onions and buttered asparagus piled symmetrically on slices of buttered toast. Potato balls may be made by using a French potato cutter, the balls being cooked, then rolled in melted butter and minced parsley.

Peas arranged by spoonfuls or used as a filling for bread croustades make a

bread, meat or fish garnish.

String beans, stuffed tomatoes, Brussel sprouts and flowerettes of cauliflower

may also be used.

In case the garnish consists of fair sized portions of vegetables, it acts as one of the vegetables for the meal.

Meringue Shells

4 egg whites Few grains salt teaspoonful cream of tartar
cupful granulated sugar
teaspoonful vanilla

Beat the egg whites stiff with the salt and cream of tartar, using a wire whisk. Gradually beat in the sugar and vanilla, whipping until very glossy. Spread in rounds about three inches across on paraffine paper tacked to a board and bake until dry in a slow oven—325 degrees F. It will take about fifty minutes. They should be pale brown when done.

Ice Cream Meringues

Prepare meringue shells. When cold, scrape out any moist substance from the centers, fill the shells with ice cream, top with a second shell and serve. Any kind of ice cream may be used.

Meringue Sandwiches

Put together meringue shells with raspberry, strawberry or apricot marmalade and serve as a dessert.

Filet Mignon

One filet of beef sliced into six pieces or six slices of tenderloin steak cut one inch thick.

Dust the steak with salt and pepper and broil, keeping it rare, then make a sauce of the other ingredients as follows:

1/4 cupful mild vinegar

3 egg yolks

1 sliced onion, medium-sized

½ teaspoonful salt

3 tablespoonfuls butter

1/8 teaspoonful cayenne

Combine the onion and vinegar, boil three minutes, then remove from the heat and pour into the egg yolks. Stand over hot water and gradually heat in the butter, a little at a time. Add the salt and pepper and a little minced parsley if desired, and serve at once. A few fried mushrooms may be added to this sauce.

Arrange the Filet Mignon on a platter and pour the sauce over.

Potato Croquettes, French Fried Potatoes, Rice or Potato Timbales or Bread Croustades, or diced Creamed Asparagus, may be served on the same platter.

Caramel Mousse

1/2 cupful boiling water

1 cupful sugar

3 egg yolks

Few grains salt

½ teaspoonful vanilla

2 cupfuls whipping cream (heavy)

Put a half cupful of the sugar in a small frying pan and gradually melt it. Add the water and boil until the sugar melts. Beat the egg yolks with the remaining sugar, the salt and vanilla, pour the first mixture into this, then cook over hot water until it is thick like a custard, stirring constantly. Cool, fold in the cream whipped stiff, transfer to a mould dipped in cold water, cover tightly sealing with melted paraffin, adhesive tape or a strip of cloth dipped in melted lard. Bury in equal parts of crushed ice and rock salt (put it in layers) and let stand four hours. Unmould, serve with or without whipped cream or plain caramel sauce.

Petits Fours

½ cupful butter or margarine 1 cupful sugar Grated rind and juice of half a lemon ½ teaspoonful soda½ teaspoonful salt

4 eggs 1½ cupfuls flour

Stir the butter until creamy, beat in the sugar, the lemon rind and juice and the egg yolks thoroughly beaten. Sift the dry ingredients and fold them into the first mixture alternately with the egg whites beaten stiff. Turn into an oiled shallow dripping pan and bake in a moderate oven—350 degrees F.—about forty minutes. Let stand five or ten minutes, loosen about the edges and turn out on a board or cake rack. When cold and firm—in about four hours—cut into rounds, cubes or diamonds, brush off any loose crumbs and dip the cakes in icing.

For an elaborate effect, use plain icing colored with green vegetable extract for a few; use some of the same icing colored brown with chocolate, for others, or some colored yellow or rose with vegetable extract. For the remainder, bits of candied cherries, minced citron, chopped nuts or tiny candies may be used to decorate the cakes while the icing is still soft.

Petits Fours Icing

3 cupfuls granulated sugar 1 cupful boiling water Few grains salt

½ teaspoonful vanilla
3 egg whites

Combine the sugar, water, salt and boil together until a little lifted on a spoon forms a distinct thread—230 degrees F.—by the candy thermometer. Beat the egg whites stiff, pour into this the boiling syrup beating constantly, flavor and return to the heat, placing the utensil in another containing boiling water. Cook until the frosting is a little dry around the edges; it is then ready to be used plain or colored, as in the preceding recipe:

Bread Croustades

Cut bread into two-inch cubes or shape with a biscuit cutter into two-inch rounds. Hollow out the centers to form "boxes"—save these crumbs to fry in butter as a garnish to vegetables. Butter the Croustades all over, lightly, place in a moderate oven and brown. Use instead of patti cases for Creamed Chicken, Lobster, Shrimps or Eggs a la King.

Chicken Sandwiches

Put cooked chicken through the food chopper and season with a little paprika, celery salt and cream to moisten. Spread between thin slices of buttered bread and put together in pairs.

Chicken Salad Sandwiches

Follow the preceding directions, moistening the chicken with mayonnaise and inserting a lettuce leaf in each sandwich.

Toasted Chicken Sandwiches

Follow the recipe for Chicken Sandwiches, toasting them on both sides just before serving. If the chicken is very moist, the cream may be omitted.

Frozen Peach Cream

11/2 quarts very ripe peaches

1¼ cupfuls heavy cream or very good undiluted evaporated milk

1½ cupfuls sugar

Few grains salt

Combine the ingredients in the order given, transfer to the ice cream freezer and freeze in three parts of crushed ice to one of rock salt.

Iced Chocolate

3½ cupfuls milk

Few grains salt
Few drops vanilla

2½ squares (ounces) chocolate

Few grains cinnamon

½ cupful sugar

1 pint boiling water

Scald the milk with the sugar and chocolate, which should be grated. When the chocolate is smooth, add the remaining ingredients, cook ten minutes longer, cover and chill. To serve, put cracked ice in each glass, pour in the cold chocolate and top with sweetened whipped cream which may be dusted with a trace of cinnamon, if desired.

Plaza Salad

2 large tomatoes

One tart apple

2 oranges

Lettuce French dressing

Slice the tomatoes, divide the oranges into sections and dice the apple. Arrange individually, preparing nests of lettuce; into these put the sliced tomatoes, orange sections and apple. Pour over French Dressing and garnish with parsley or mint. Serve as a dinner salad.

AFTERNOON TEA

No matter what social station a person may occupy, afternoon tea may be a leisurely, restful period of relaxation.

Afternoon tea may be served on a tray. The cups, saucers, spoons, sugar, cream, sliced lemon, the pot of tea and the dainties

served with it may be brought in at one time and placed on a corner of the living room table, a tea table or a low bench. The same equipment, with the addition of a swinging kettle to keep the water hot, may be placed on the tea cart and wheeled in for a more formal tea. A muffin stand may be needed to hold the extra cakes and plates and sandwiches.

Tea is an informal, intimate thing, served in the living room or drawing room, never in the dining room. Guests may sit anywhere around the room, holding their cups and saucers.

The cakes or sandwiches should be small enough so that they can be laid on the saucer beside the cup. Candies or salted nuts are often provided. Little glass dishes may be used for these or a bon bon basket is good form. Sandwiches should be arranged on doily covered plates or sandwich plates, little cakes in cake baskets or high cake dishes. The china and all the equipment should be as dainty as possible.

In summer, afternoon tea—usually iced—may be served on the porch.

EVERYDAY AFTERNOON TEA

Cinnamon Toast Tea

Melba Sandwiches Fruit Cookies Tea

Cheese Toast Tea

Lemon Filled Toast Tea

Olive Paste Sandwiches Watercress Sandwiches Tea

Strawberry Jam and Cream Cheese Sandwiches Tea

Tuna Fish and Green Pepper Salad Sandwiches Bread and Butter Sandwiches Chocolate Cake Tea

Strawberry Charlotte Russe (made with sponge cake)
Tea

Chicken Almond and Whipped Cream Sandwiches
Lettuce Sandwiches
Spice Cake Cocoanut Kisses
Tea

FOR AFTERNOON TEA

These afternoon tea delicacies are easily made. Any of the suggestions for dainty sandwiches, given in this book, may be followed—fingers of sponge cake, put together sandwich fashion with jam or jelly, may be used; favorite cookies may be made very small, and kept on hand in a tightly closed tin box. The suggestions are almost limitless.

The following recipes are among those I gave this winter to

my church Bride's Classes.

All measurements are level.

Cheese Toast

Cut white bread one-quarter inch thick. Toast quickly and spread with equal parts of butter and highly flavored soft cheese (snappy cheese).

Lemon Filled Toast

Prepare the filling as for lemon pie, as follows:

Combine one cupful sugar with three tablespoonfuls of cornstarch and a few grains of salt. Gradually pour into this one cupful boiling water, stirring constantly. When translucent, pour this into two egg yolks beaten with one-quarter cupful lemon juice and the grated rind of one-half lemon. Add one-half teaspoonful butter, return to the heat and stir until the mixture boils, then cool. Put this mixture between slices of hot buttered toast and serve at once.

Cocoanut Kisses

Into the contents of a can of condensed milk stir as much shredded cocoanut as the mixture will take up—about one pound—a few drops of vanilla and sufficient powdered sugar so the mixture can be made into balls. Place on a buttered pan two inches apart and bake in a moderate oven—350 degrees F.

Molasses Cocoanut Kisses

Substitute one cupful of molasses for the condensed milk in the preceding recipe and finish as directed.

Melba Sandwiches

Cut white bread in thin slices, toast quickly and put together in pairs with one part of butter, softened and mixed with two parts of orange marmalade.

Drop Fruit Cookies

1/2 cupful butter or a substitute

cupful brown sugaregg well beaten

1/4 teaspoonful baking soda

1/4 teaspoonful salt

½ teaspoonful ground nutmeg

½ teaspoonful cinnamon

½ teaspoonful cloves

1/4 cupful chopped raisins

1/4 cupful chopped currants

2½ tablespoonfuls milk

1/4 cupful figs

1/2 cupful fine, dry bread crumbs
Flour to make a stiff batter—
about 2½ cupfuls



SUNDAY NIGHT SUPPER

Bread on the board, the butter and sandwich fillings close by.

Milk, blackberries and cake.

Cream the shortening, add the egg and sugar and the other ingredients in the order given. Drop by teaspoonfuls onto an oiled pan and bake about fifteen minutes in a moderate oven—350 degrees F.

Chicken, Almond and Whipped Cream Sandwiches

Cut white bread in thin slices and spread with a paste made of one part of softened butter, one part finely minced chicken, one part whipped cream and a few finely-chopped toasted almonds. Cut in small sandwiches and serve at once.

SUNDAY NIGHT SUPPERS

With dinner at noon on Sunday, the most informal sort of meal is suitable for supper. The time can be movable—anywhere from half past six to eight. As guests are liable to come unexpectedly the meal should be one that can be easily prepared, and that will be elastic enough to stretch a bit.

During the winter something hot in the chafing dish, a pot of tea or coffee, toast made at the table, cake and fruit are ample. Young people love to get this supper. More informal still, a big tray of sandwiches brought into the living room, together with a pot of hot chocolate and a heaping plateful of crullers, cookies or cup cakes and the guests can cluster about the open fire, serving themselves from the living room table.

On warm Sunday evenings such a supper can be served on the porch, on the lawn, or in a grape arbor, iced cocoa or chocolate or iced tea or coffee replacing the hot drink.

The year round a Sunday night supper will prove popular and it is the easiest meal of all! Put some runners on the dining room table. On one end place your bread board and knife with a loaf of bread upon it. Beside this, a bowl of butter, softened by creaming, so it will spread easily, and a variety of sandwich spreads as olive paste, potted ham, minced or sliced tongue, chopped hard-cooked eggs mixed with mayonnaise, and minced pimentoes and cream cheese stirred smooth with a little butter and chopped nut meats. Nearby put a pile of plates and some paper napkins. Use as a centerpiece a big bowl of assorted fruit and on the other end of the table put a pitcher of milk or buttermilk, any of the "ades" or hot or cold coffee or tea according to the season, the cups, saucers, spoons, and other things needed, beside it. Each person tells what sandwich he wants and the host or hostess makes it up "to order" so to speak.

There is another way this kind of supper can be varied. In this case it is a "toast" meal. The toast is made electrically at the table and is buttered by the person sitting next to the one who toasts. Then the sandwich fillings are spread, the two pieces of toast pressed together and they are ready to serve.

Cinnamon toast; single slices of toast spread with one part of softened butter mixed with two parts of highly flavored grated dairy cheese and a little minced green pepper; two slices of toast put together sandwich fashion with hot Welsh rarebit, creamed dried beef or creamed diced ham or eggs a la king from the chafing dish; hot toast spread with a little butter mixed with peanut butter or with orange marmalade or currant jelly—these offer plenty of variation.

A little thought will soon prove that you can entertain easily, inexpensively and joyfully on Sunday evenings.

MENUS FOR SUNDAY NIGHT SUPPERS

1

Toasted Rarebit Sandwiches Waldorf Salad Frosted Gingerbread Tea or Coffee

2

Salmon, Tuna Fish or Veal Salad Bread and Butter Sandwiches Sponge Cream Cake Cocoa

3

Stuffed Egg Salad Tomato Sandwiches
Fruit Cup Drop Cocoanut Cookies
Tea

Sunday Night Porch Supper

Egg Salad Sandwiches Pickles Sponge Cake Fruit Iced Cocoa

Sunday Night Chafing Dish Supper

Welsh Rarebit on Toast Olives Fruit Salad Chocolate Cake Coffee

Sunday Night Buffet Supper

Crab Meat Salad 'Olive Sandwiches Cream Cheese Sandwiches Spice Cake Fresh or Canned Fruit Tea

ABOUT SANDWICHES

Sandwiches are adapted to almost any occasion, for they may be small and dainty, or large for a complete meal.

For service at receptions and afternoon tea and for party refreshments, sandwiches are usually kept small and are shaped into triangles, finger-strips, rounds, hearts or in other fancy ways. In this case the crusts are cut off. This should be done before the bread is buttered and spread, the crusts being kept for drying and making into crumbs for some of the things given in this book, or used in bread puddings, cheese fondue, etc.

When the sandwich is to take the place of more substantial foods, the bread is cut one-quarter of an inch thick, the crusts are left on and two full slices of bread are allowed to each sandwich, being merely cut in halves lengthwise, or in triangular shape for service.

All salad sandwiches, toasted savory sandwiches, egg, meat and fish sandwiches may be used as substantial foods at a lunch-

eon, supper, picnic or late evening supper.

Salad Sandwiches

The bread should always be spread to the edges with creamed butter. This prevents the sandwich filling from soaking into the bread.

The filling itself must be chopped or minced and mixed with mayonnaise, not boiled dressing, as it is too watery. Boiled mayonnaise, which contains less oil, may be used if desired.

Suitable fillings are:

Finely minced tongue, ham, chicken, or veal mixed with mayonnaise.

Finely minced ham, piccalilli and mayonnaise.

Minced tuna fish or salmon with mayonnaise and a little minced green pepper.

Chopped, hard-cooked eggs mixed with mayonnaise and Chili sauce.

Grated, soft American cheese (highly flavored) mixed with mayonnaise and a little chopped pimento.

Chopped cucumber, well drained, mixed with an equal part of chopped, canned

pineapple and mayonnaise.

Equal parts of minced chicken and ham mixed with mayonnaise or Russian dressing.

Lettuce leaves lightly spread with mayonnaise.

Chopped water cress barely held together with mayonnaise.

Equal parts of chopped nut meats, chopped olives and mayonnaise.

Firm tomatoes peeled, sliced, cut in dice and mixed with mayonnaise and a

little minced ham, some shredded sardines or anchovies and mayonnaise.

If salad sandwiches are to be served soon, a lettuce leaf should be put in each before the slices of bread are pressed together. If they must stand, the lettuce leaf should be omitted. In this case, if the service is to be at the table and formal, a handful of shredded lettuce may be used as a garnish to each sandwich, a spoonful of mayonnaise topped with a radish rose or a stuffed olive surmounting it. Such salad sandwiches are unusual and sufficiently dainty to be served as the main course of a luncheon. In this case the menu should be as follows:

A Summer Luncheon

Jellied Tomato Bouillon Chicken and Ham Salad Sandwiches Pineapple Ice Fruit Cookies Coffee

A Winter Luncheon

Cream of Celery Soup Croutons Ham and Piccalilli Salad Sandwiches Little Apple Pies with Whipped Cream Coffee

Toasted Sandwiches

Toasted sandwiches must be made up as fast as needed, although the fillings can be ready beforehand. The most attractive way is to toast the bread at the table. The bread should be cut one-quarter of an inch thick, the crusts should be left on, and should be spread with softened butter, beaten to a cream as in making cake, then with the filling.

Like salad sandwiches, toasted sandwiches may be used as the main part of a luncheon, supper or for late evening refreshments. Here are some suggestions:

Use Boston baked beans crushed slightly and mixed with a little Chili sauce.

Thin slices of broiled steak.

Thin slices of broiled bacon or ham.

Thin patties of Hamburg steak well seasoned.

Minced ham or smoked salmon put together with a little mayonnaise.

Mixed cooked vegetables as diced asparagus, string beans and shredded carrots put together with mayonnaise.

Thin slices of Swiss cheese lightly spread with mustard.

Minced olives mixed with three times their amount of cream cheese.

Minced sardines moistened with mayonnaise.

Salami and beet relish mixed with a little mayonnaise.

Any kind of jam or jelly.

Spread one slice with currant jelly, the other with minced ham or tongue.

Scrambled eggs cooked plain or with fried onions.

Dainty Sandwiches

The bread should be cut thin, shaped and lightly spread with butter beaten to a cream. The sandwich filling must be very smooth. If of chicken or some other like ingredient, it should be minced by putting through the food chopper, and if a very smooth paste is desired, should then be rubbed through a sieve.

Suitable fillings are:

Olive paste made by mincing stuffed olives and mixing with a very little mayonnaise.

Equal parts of strawberry jam and cream cheese stirred together.

One-third portion butter, one-third grated American cheese (highly flavored) and one-third finely-chopped walnuts.

Equal parts of butter, peanut butter and chopped raisins. Equal parts of butter, sardines or anchovies and pimentoes. Equal parts of butter, Roquefort cheese and grated apple. After spreading the bread with butter, lightly cover it with honey, or better, honey butter, then with sliced strawberries or bananas.

Put equal parts of raisins, dates and figs through the food chopper, then

moisten with orange juice.

The Party Sandwich Loaf

It is often not convenient to make individual sandwiches, the sandwich party

loaf being more practical for buffet refreshments.

To make this cut the crusts from a loaf of bread, then slice it lengthwise in three layers. Butter the layers, as you would slices of bread. Put the first two together, with finely minced ham mixed with mayonnaise, into which has been stirred a very little powdered gelatine covered with water and melted over steam. Put the next layer together with minced sardines or anchovies mixed with a little minced green pepper and more mayonnaise. This makes the full loaf. Let it stand until the gelatine has had time to thicken then cover with cream cheese beaten smooth. Season with salt and paprika and mix with just enough whipped cream, sweet or sour, to make it spread easily. Put this on as you would frosting and stand it in the ice box. Just before serving decorate with slices of stuffed olives, flowers cut from pimentoes, with centers of hard-cooked egg yolks and sprays of parsley.

THE MAN'S LUNCH BOX

The Man's Lunch is so important, that many firms, finding their employees were not having enough food of the right kind, have installed lunch-rooms and insist that their employees patronize them.

A box that can be thrown away should be used instead of the usual lunch-box or pail, which is liable to become musty. A thermos bottle for hot soup, or hot coffee, or a cold drink is a

necessity.

The lunch must be varied—otherwise the man is liable to lose

his appetite because of monotony.

The sandwiches should be made of fresh bread, crusts left on, well buttered, with a moist filling. Sliced meat, hard cooked eggs, cheese or something else substantial should also be provided. There should be a sweet, different each day—cake, cookies or pie—plenty of fruit and a hot or cold beverage. For sandwich suggestions see page 81 in this book.

LUNCH BOX MENUS

Minced Ham Sandwiches Cheese Sandwiches
Hard Cooked Eggs Pickles
Paper Jar of Cold Slaw
Chocolate Cake An Orange
Hot Coffee

Tongue and Piccalilli Sandwiches
Scrambled Egg Sandwiches
Cheese Doughnuts
Peaches and Plums Hot Tea

PICNICS AND THEIR POSSIBILITIES

No matter how we may look on life, we all have in our possession certain things common to everyone. Water, sunlight and air are nature's gifts to us.

When the weather grows warm, in late April or the first of May, it is picnic time. I do not mean the kind of outdoor meal that requires hours of preparation, elaborate cakes and pies and sandwiches with the crusts cut off made as one would for a formal afternoon tea. I mean a simple outdoor meal made of few foods that can be easily carried.

The most delightful picnic I have ever attended was impromptu. It was hot and two city Home-Makers were tired and longing for a breath of air. They decided to put their two dinners together, take their respective families and eat their supper in a cool nook of a nearby park; so one cooked her steak at 4 o'clock, sliced it and made steak sandwiches. The other finished cooking her pot of Boston baked beans and made some bread and butter sandwiches to go with them. She took pickles, too. Together they had cake, cantaloupe and peaches, some powdered coffee ready to make with cold water, some top milk in a bottle, some sugar, and milk for the children. That is all there was to the picnic and there were no dishes to wash.

Packing a Lunch

In packing a lunch be careful to keep the foods separate. Do not pack foods of strong odor as fish or raw onions. Wrap four or five sandwiches together in waxed paper and tie, or put a rubber-band around.

Carry olives, pickles, etc., in bottles; be sure to carry a bottle opener. Salads may be carried in paraffine-paper lined boxes. The lettuce should be kept separate in waxed paper, as otherwise it will wilt. Cake, cookies, crullers, etc., should be wrapped in paper and placed in a box.



THE CONVALESCENT'S TRAY

This meal consists of Chicken on Toast, Buttered Toast, Lettuce,

Baked Custard, Tea and Water.

The preparation of a picnic lunch need not take as long as the cooking of a dinner. Then outdoors for several hours, and—no dishes.

MENUS FOR PICNICS

An Automobile Lunch

Minced Ham Salad Sandwiches
Currant Jelly Sandwiches
Potato and Egg Salad Olives
Little Fruit Pies Lemonade or Coffee (Hot-Cold Bottle)

A Sunday School Picnic

(Individual Box Lunches)

1

Minced Veal or Tongue Sandwiches Cream Cheese and Piccalilli Sandwiches
Stuffed Eggs
Crullers or Cake Fruit

Nut Sandwiches Egg Sandwiches Cold Broiled Chicken Cookies Candy Fruit

A Picnic Supper on the Porch

Stuffed Tomato Salad (Hard-Cooked Eggs and Celery) Mayonnaise Cream Cheese Sandwiches Potted Ham Sandwiches Sponge Cake Shortcake made with Strawberries, Raspberries or Peaches Iced Tea or Lemonade

Refreshments for an Evening Lawn Party

Cantaloupe
Chicken and Cucumber Salad
Bread and Butter Sandwiches Cream Cheese and Relish Sandwiches
Strawberry or Peach Ice Cream Sponge Cake
Coffee Punch

THE CHILDREN'S SUPPER

Some call me "Milk Toast"—
But I do not see myself that way
In the looking-glass of my mind—
But as the sturdy bodies—dancing feet—and the alert
minds

Of children.

A LITTLE TALK ON SPECIAL DIETS

Special diets are of various kinds. The most common are the building-up diet, the reducing diet, the right feeding of the convalescent, and the correct feeding of the prospective and nursing mother.

To insure the success of any diet, too much food should not be taken at a time, as this overloads the digestive organs and they become so tired they cannot act. When there is lack of appetite, this should be especially taken into consideration and the meal should be daintily served.

In building-up diets, cream, milk, plenty of butter, toast, fruits, green vegetables, cereals, baked potatoes, eggs and a small amount of meat or fish are necessary.

For reducing, all starches, except bread toasted dry in the oven

are eliminated. No sweets or greasy foods are allowed.

In feeding the prospective mother, special care should be taken to add to the regular diet plenty of green vegetables and fresh fruits. If there is a tendency to over-stoutness cut out all sweets and all starches, but give her all the buttered toast that is desired. If the problem is to build up, these rules should be followed—a mid-morning, afternoon and late evening luncheon being provided.

The same rules hold good with the nursing mother. If she is in good health, the usual balanced diet may be eaten with a

little extra butter and milk.

The physician nearly always prescribes the diet for the convalescent. Those recovering from more ordinary disturbances, as colds, grippe, measles, etc., are given what is called "light diet."

Illustrative Menus for Light Diet for a Day

On waking—A cup of hot water.

Breakfast —Cooked fruit, cereal with milk, buttered toast, cocoa, coffee or tea.

Or substitute an egg or broiled bacon for the cereal.

10:30 A.M.—Orange juice diluted with water.

- 12:30 P.M.—A cup of clear broth. An egg, a broiled chop or bit of boiled chicken or steak. A baked potato, spinach, celery, lettuce or asparagus; buttered toast, fruit.
 - 3:30 P.M.—A cup of broth, tea (adults), grape juice or glass of milk or butter-milk.
 - 6:00 P.M.—A cream or vegetable soup, an egg, or creamed chicken, or oysters with buttered toast; milk toast; lettuce or celery; a baked custard, junket, floating island, baked apple or fruit sauce, bread pudding or fruit gelatine. Tea for adults, milk for children.

On retiring—Juice of an orange diluted, or a cup of hot water.

EPILOGUE

And now, dear Mrs. Home-Maker, I have come to the end of my book. It's been a pleasant task,—the making of these pages, for as I've written I've thought about you; wondered where you lived,—how many kiddies you have,—and what your house looked like.

And I've tried to help you with the problems that come to every home-maker.

Now the book is starting on its way. I feel as though I was standing on the threshold bidding itGod-speed—as one does a loved son or daughter as they start forth, the first time, into the world. Soon it will be in your homes. Then I shall be your guest. I hope you will consult "me" often—that before very long I shall look comfortably shabby with use and that for my home you will give me a permanent corner in your kitchen drawer.

Faithfully your friend,

Ida Baileyallen

Do you bake your own cake?

—or do you take advantage of the convenience and economy of the good cake sold in the stores?

Whatever else I may be, I'm a Home-maker first.

And like some home-makers, I did not believe that bakers' cake could be as good as that made at home.

You know, Hostess Cake is made by the bakers of Certified and Merit Bread, so when I investigated their bread I studied Hostess Cake at the same time.

I visited the Hostess Cake bakeries. The ingredients—all the best of their kind—weighed out, not measured hit or miss. The big, clean mixing machines, that tirelessly beat and beat. The ovens at perfect temperature. The brown, even, well-baked cakes, ready for cooling and wrapping.

I could see going into different homes where there is no time for cake-making—

- -Hostess Chocolate Cake for the dinner dessert.
- -Hostess Sponge Cake served with crushed strawberries Sunday night.
 - -rich Hostess Pound Cake at afternoon tea.
- —a big Hostess Dinner Ring candle-decorated for the birthday party.
- —a wedge of Hostess Cocoanut Cake for the man's lunch!

Good cake is true food—when it's made properly of the best materials. Hostess Cake is good enough for any table—it should solve the problem of Cake Making in countless homes.

Ida Baileyallen



Mrs. Allen on Cooking, Menus, Service

(2500 Recipes)

IF you like this little book "Home Partners; or Seeing the Family Through" by Ida Bailey Allen—if it has helped you with your problems you will like to know what the critics have said about "Mrs. Allen On Cooking, Menus, Service 2500 Recipes." Ida Bailey Allen's new scientific book on Foods, Nutrition and the Gentle Art of Home-Making.

Medical Review of Reviews—Editor.

"We should advise that this volume be kept within reach of those who provide for the feeding of the household—at all times."

Helen Antisdale—Chicago Post.

"If you could own but one cook book, this impressive two pound volume would be an excellent choice."

Providence, R. I., Journal-Editor.

"Ida C. Bailey Allen occupies a place among cookery writers similar to that held among women essayists by Agnes Repplier—she is practically peerless and this is a peerless book."

Don Seitz-N. Y. World.

"A wise book and refreshing withal."

Published by

SOLD AT ALL
BOOKSTORES, \$2.25

DOUBLEDAY, PAGE & CO. GARDEN CITY, L. I.

How I Came to Write About Certified and Merit Breads

Many of my friends have been wondering just why I have been writing articles in the papers about Certified and Merit Bread.

There's a little story back of it.

All my life I have wanted to help women with their household problems. But one can't go personally into many homes—nor can one continually tour the country lecturing—or spend enough time broadcasting.

One day a man I know—a representative of the bakers of "Certified" and "Merit" bread came to see me. "How would you like to write about bread?" he said. "You can give your message to women at the same time."

I wanted to do it—if I could be convinced that the bread was the *very best* bread that bakers baked. Better than women could make at home.

I commenced my investigations. Chemical tests, feeding tests. Then visits to the bread plants—close inspection of the material used—and the processes of manufacture.

I looked in all the corners. They were clean.

I found not only that the ingredients were the best grade, but that an unusual amount was used of those ingredients that make bread rich and nourishing—also that the bread was made in such a way that the nutritive elements were retained.

Then I began my home tests finally.

I gave my children Certified and Merit. They loved it.

And then I called up my friend and said:

"I'm ready. I have proved that Certified and Merit are all that bread can be."

So I've talked to you in the papers. Many of you have written to me—asked many questions and requested recipes.

Because you have been so friendly and appreciative, the bakers of Certified Bread and Merit Bread asked me to write this little book. I'm hoping it will make your household problems simpler and your homes happier.

Sincerely,

Ida Baileyallen



Mrs. Ida Bailey Allen says:

(America's Leading Cooking Expert)

"Certified Bread is excellent bread for sandwiches. The double slices are a great convenience. Simply butter and slice, put in the filling and fold the slice over—then you have a sandwich of just the right size.

"I find that Certified makes more nourishing sandwiches. It contains the right amounts of yeast, milk, flour, shortening and sugar—making a well balanced food in itself."

CERTIFIED

The big Double Loaf

LIBRARY OF CONGRESS

0 014 181 900 8